

# Shattuck - St. Mary's-General Information

## Girl's & Boy's Hockey Camp - Summer 2012

### Medical Care

The Health Service on campus is equipped to handle routine health care needs. A nurse is available for sick call four hours daily. She is available at other times for consultation and emergencies. Also, there is an athletic trainer in residence. In the event that urgent medical care is needed, a hospital with a full-service emergency room is within five minutes by car. A major medical facility, the Mayo Clinic in Rochester, Minnesota, is one hour away.

NOTE: As prescribed by law, and by our responsibility for the personal welfare of each player, the school's medical forms **must** be completed before a player's arrival to campus. Any player with a **chronic condition (i.e. asthma)** requiring prescription medication or a player who has had a **serious injury or illness** in the past month must have a physical exam. Please call and request a Sports Qualifying Physical Examination form if the player needs a physical. If any required section is not completed, or if immunizations are not up to date, the school reserves the right to cancel non-refundable reservations.

The Health Service Office is to be informed of any prescription drugs or other on-going medical needs a player may have. **All prescription drugs will be kept in the Health Service.** The nurse will dispense medication once daily. If a player requires multiple doses, he or she must be responsible for taking afternoon or evening doses at the appropriate times.

Players who wear glasses should bring an extra pair if possible. One pair should be shatter-proof for athletic purposes. Players who wear contact lenses should also bring a pair of glasses.

### Social Expectations

The school **will not tolerate** theft, vandalism, drug or alcohol use, or conduct that is deemed immoral. These are serious infractions of the school's rules and anyone involved will be required to leave the program, and forfeit tuition. The entire school community suffers when there is behavior of this nature.

**The basic rule for dorm life is cooperation;** a mutual respect for the rights and sensitivities of others, and consideration for each individual. Such consideration includes: respect for the other person's culture and habits, personal property, and the right to sleep. The rules of dormitory life are not just the responsibility of the coaches and staff, **every player is expected to support these rules as a contributing member of our residential program.**

All members of the community are expected to respect their environment as well as the property of others. It is the responsibility of **each individual** to make a contribution to help maintain pleasant surroundings. **Each player is expected to prevent litter in the hallways and on sidewalks** and make judicious use of appropriate storage areas for his/her belongings.

**Candles, incense, and oil lamps are not allowed in the dormitories because of the fire hazard. Shattuck - St. Mary's is a smoke-free environment, and, as such, no player is allowed to smoke. Due to the health factor, chewing tobacco is also not permitted. Parents and guests are asked to refrain from tobacco use while on campus.**

### Roommates and Room Inspections

One of the values of dormitory life includes learning to appreciate and get along with others. In this regard, all players in the hockey camps should expect to have a roommate (or roommates) for the duration of the summer session. Whenever possible, we will try to assign each international player with

an American roommate. This enables players from different cultures to have the opportunity to learn from each other's similarities and differences.

Players are responsible for maintaining the appearance and cleanliness of their rooms. Beds are to be made daily. Clothing and other possessions should be neatly arranged. Players should also be sure to keep their doors locked when not in their dorm rooms. **The school reserves the right to have access to all rooms at all times in the interest and the safety and well being of each member of the community.**

#### **Electric Appliances**

Radios, clocks, stereos, lamps, hair dryers, curling irons, popcorn poppers, hot pots, fans, and heating pads are permitted in student rooms and should be used with care. **Television sets, refrigerators, irons, air conditioners, cooking equipment, or large musical amplifiers are not permitted in student rooms and should not be brought to campus.**

Because music will carry in dorm halls and outside of the building, and ultimately can be disruptive to others, **stereos should be audible ONLY in the room in which they are being played; headphones are encouraged.**

#### **Camp "Bank"**

We strongly encourage players to deposit all money and valuables (i.e. airline tickets, passports) in the camp bank for your own security. You are allowed to draw out cash at specified times each day.

Players may open an account with the Camp Bank at registration, or by sending in an advance deposit with your registration materials. **Sending an advance is preferred. Deposits may be made by check or credit card.** You will withdraw the remaining balance in your account on your final day of camp. **By making use of the Camp Bank, you eliminate the possibility of theft or loss of your money and valuables. There is no extra charge or service fee for utilizing the Camp Bank during your stay.**

#### **Communication**

We ask that daily communication be made by the player calling home, rather than home trying to call the player. **Emergency messages** can be relayed through the hockey office 1-800-617-8469. Predetermined calling times based on the player's camp schedule seems to work well. I.e. Mike will call home every night at 7:00pm.

**Packages and letters should be mailed to:**

**Shattuck-St. Mary's Girl's or Boy's Hockey Camp  
(Player's Name)  
PO Box 218  
1000 Shumway Avenue  
Faribault, MN 55021**

## **What To Bring:**

- Prepaid calling cards or cell phones for long distance calls and calls to home.
- Light jacket or sweatshirt, cap or hat, one pair of long pants or sweatpants.
- Full hockey gear and sticks.
- Swim suit/towel (**Optional**).
- Good pair of running shoes for off-ice training.
- Sleeping bag or sheets and blanket, pillow.
- Soap/towels/washcloths/toothbrush/toothpaste/toiletries.
- Fan (**Recommended**).
- Extra spending money (the average deposit into the bank is \$50.00-\$75.00 per week).
- Roller blades or In-Line skates/ street hockey sticks (**Optional**).
- I Pods (**Optional**).
- Alarm clock
- Inexpensive wrist watch
- Bedside flashlight (**Optional**).