

PASS SET CRUSH

Camper Packet

HELLO VOLLEYBALL CAMPERS

Welcome to **Pass Set Crush**... the only outdoor adventure volleyball camp in New England. The camp staff is looking forward to an exciting week with you at Geneva Point Center on Lake Winnepesaukee. This packet contains important information you need to review prior to attending camp. This camper packet can also be found on our website at www.passsetcrush.com. If you have any questions, please feel free to call at any time 603-387-1202.

FINAL PAYMENT

___ You have paid \$650 to secure a spot in camp. You have zero balance due.

___ You have secured a spot in camp with a \$400.00 deposit. Your final payment of \$250.00 is due by May 1st. Please make checks payable to **Pass Set Crush** and mail to Joan Forge 178 Sibley Road Moultonborough, NH 03254

HEALTH HISTORY FORM AND PHYSICAL EXAM

Please complete the Health History Form 1 and have your physician complete and sign Form 2. No camper will be allowed to participate at Geneva Point Center without Health Form 1 completed by their parent/guardian and Form 2 completed and signed by a doctor. It is imperative that these forms be completed before May 1st. Please mail these forms with your final payment.

1st DAY OF CAMP ARRIVAL TIME

All campers should arrive at Geneva Point Center on Sunday between 1:00 p.m. and 2:00 p.m. The first activity will begin at 2:30 p.m. after registration is completed. Should any camper anticipate a late arrival on Sunday, please notify Coach Forge. Sunday dinner will be the first meal. Please eat lunch prior to arriving at Geneva Point Center.

CABINS

The staff will do their best to honor roommate requests. Each cabin sleeps seven campers and one staff member.

MEDICAL

A nurse will be on staff 24 hours a day. The **Pass Set Crush** Director is also certified in First Aid and CPR. All medications that a camper is taking should be clearly marked with their name. Please include instructions for medications. It is the responsibility of the camper to go to the nurse for medication. Emergency medical devices, such as inhalers, will be kept with the camp director who will always have it available for the campers.

SUGGESTIONS ON WHAT TO BRING

2 pairs of sneakers, sandals, bug repellent, sun glasses, visor or hat, raincoat, sleeping bag or blanket and sheets, pillow, water bottle, toiletries, small mirror, swim suit, suntan lotion, shorts, 5-10 t-shirts, 5-10 pairs of socks, plenty of underwear (we change clothes 2-3 times per day), sweatshirt or jacket, pants, flashlight, 3 towels, laundry bag, and small sports bag.

LIMIT FOOD

Please limit food or snacks to camp. The cabins are not critter proof and ants love to snack! Campers may receive food in packages sent through the mail, but all campers must share their food with their cabin mates so that the food is immediately eaten.

VALUABLES AND MONEY

Campers are strongly discouraged from bringing a lot of money, valuable jewelry or expensive items to camp. **Pass Set Crush** cannot be responsible for the loss of any items. A minimal amount of money may be desired for ice cream and snacks from the Geneva Point Center camp store. We suggest bringing \$20. We will lock all camper money in individual envelopes in one lock box. Campers will have access to their money each evening at the Geneva Point Center camp store.

NO CELL PHONES ARE ALLOWED IN CAMP

Campers may not bring a cell phone to camp. The use of cell phones will be prohibited. The staff feels that it is in the best interest of the camper not to text or talk on the phone during the five days of camp. Only emergency calls will be made home by the camp Director. Should a message need to be given to a camper, please call Joan Forge's cell phone at 603-387-1202

MAIL

Campers love mail and packages. If you wish to write a letter or mail a package to a camper please use the following address:

Name of Camper
Pass Set Crush
Geneva Point Center
108 Geneva Point Road
Moultonborough, NH 03254

VISITING DURING THE WEEK

Parents and coaches are always welcome to visit the camp at any time to observe. All campers must remain at camp and parents may not take them away from the daily camp schedule.

HOMESICK CAMPERS

Some campers have a difficult time adjusting to the camp environment and being away from home. Homesickness usually goes away within the first 48 hours. Campers will always be encouraged to stay at camp.

MENSTRUAL CYCLE

All campers should be advised about menstrual cycles prior to attending camp. Please make sure campers are prepared by bringing the necessary supplies.

IMPORTANT INFORMATION FOR GIRLS ENTERING THE 9th GRADE

All girls entering the 9th grade should **make a photocopy** of their Health History Form 2 (physical exam). It is mandatory that all freshmen have a physical exam prior to starting high school sports practices. Your high school coach and athletic director will require documentation of this physical exam.



TENTATIVE DAILY SCHEDULE

| | | |
|------------|-------------------------------------------------------------------|----------------------------------------------------------------------------|
| Early ☺ | Fun Run or Polar Bear Swim | |
| 7:30 | Breakfast | |
| 8:30-10:30 | Volleyball Session | |
| 11:30 | Lunch | |
| 12:30-2:30 | Volleyball Session/ Water Carnival/Team Building Activities | |
| 3:00-5:00 | Social Activities | free swim, canoeing, kayaking |
| 5:15 | Dinner | Beach BBQ on Wednesday |
| 6:00-8:00 | Volleyball Session | |
| 8:00-9:00 | Evening Activities | Yoga, Pilates, Zumba, massage techniques, skits |
| 9:00-10:00 | Free Time | ice cream at camp store, campfire with s'mores, showers, sleep in cabin |
| 10:00 | Lights Out | |

FINAL VOLLEYBALL GAMES AND AWARDS CEREMONY

On Thursday at 1:30 the campers will be warming up for their final tournament volleyball games which will be played from 2:00 – 3:00 p.m. We encourage parents and family members of the campers to come and watch. The Pass Set Crush staff will hold an Awards Ceremony after the completion of the games. In the event of rain, the Awards Ceremony will be held at 2:00 p.m.

DEPARTURE TIME

Departure will be at approximately 3:30 p.m. after the Awards Ceremony. In the event of rain the Awards Ceremony will take place at 2:00 and departure will take place at approximately 2:30 p.m. The camper's last meal at Geneva Point Center will be lunch on Thursday.

CHECK LIST

**The following items are required for all campers by May 1st
to secure a spot at Pass Set Crush Volleyball Camp**

____ **1. Financial Obligations**

Two choices: Make one payment of \$650 or
pay a deposit of \$400 and make the final payment of \$250 by
May 1st

____ **2. Health History Form I**

Must be signed by a parent or legal guardian
Immunization dates must be included

____ **3. Medical Form II**

Must be signed by a doctor or a licensed medical personnel
Physical exam must be given within the last two years
If your doctor has their own physical exam form it can
take the place of Form II

Please mail to: Joan Forge
178 Sibley Road
Moultonborough, NH 03254

**Campers will not be allowed to enter camp
without all paper work submitted and properly signed**

DIRECTIONS TO PASS SET CRUSH VOLLEYBALL CAMP

Located at

GENEVA POINT CENTER

108 Geneva Point Road

Moultonborough, New Hampshire

Traveling from the South on Route 93

- From Rt 93 North take Exit 23
- Take right at end of ramp onto Rt 104
- Follow Rt 104 (8 miles) to the end
- Take a left at the traffic light onto Rt 3 (the lake will be on your right)
- Go into Meredith and take a right at the traffic light onto Rt 25 (the lake is still on your right)
- Follow Rt 25 into Center Harbor and continue straight through both sets of lights in Center Harbor
- From there follow Route 25 for 1.7 miles
- Take a right onto Moultonborough Neck Road (Aubuchon's Hardware is on your left)
- Approximately 6 miles take a left onto Winaukee Road and follow signs to Geneva Point Center

Traveling from Maine on Route 25

- Rt 25 to Center Ossipee & take ramp onto Rt 16 North (Rt 25 W) 5.6 miles
- Turn left onto Ossipee Mtn Highway (Rt 25) heading toward Meredith Approximately 15 miles
- Turn left onto Moultonborough Neck Road (Aubuchon's Hardware is on your right)
- Approximately 6 miles take a left onto Winaukee Road and follow signs to Geneva Point Center

DIRECTION HINTS

DO NOT DRIVE TO

178 Sibley Road
Moultonborough, NH

This is where I live.

LEAVING GENEVA POINT CENTER TO AVOID MEREDITH TRAFFIC

Reverse your directions to Route 93:

Take a left out of camp

Take a right at the end onto Winauke Road.

Take a right at the end onto Moultonborough Neck Road

Take a left at the traffic light onto Route 25

Now to avoid traffic...Do what the locals do☺

On Route 25 the 1st town you come to is Center Harbor

Take a right at the 2nd set of lights onto Route 25B

Follow 25B up a steep hill and stay on this road for a few miles

At the end of 25B take a left on Route 3

Follow Route 3 into Meredith.

Go straight through the Meredith traffic lights (and look at all the traffic on the left that you just avoided)

Take a right on Route 104 and follow to Route 93

This only takes about 5 extra minutes and can save you from sitting in traffic

PASS SET CRUSH Camper Check List

- Sleeping Bag or Blanket and Sheets
- Pillow
- Toiletries
- 3 Towels
- Shorts
- 5-10 T-Shirts (we do not advise wearing tank tops- sunburn)
- 5-10 Pairs of Socks
- Plenty of Underwear (we change 2-3 times per day)
- Sweatshirt or Jacket
- Pants
- Swim Suit
- Raincoat
- 2 pairs of sneakers
- Sandals
- Sunglasses (the courts are outside and glasses are needed!)
- Water Bottle
- Sun Tan Lotion
- Bug Repellent
- Flashlight
- Small Sports Bag
- Laundry Bag

FYI:

- The cabins do not have electricity. Fans should be battery operated.
- Do not bring knee pads. We play on outdoor courts.
- Do not bring new court volleyball sneakers. Instead bring comfortable old sneakers.

☺ For the refrigerator ☺
(Please hang me up)

Pass Set Crush

First Session Information

Camp Dates: Sunday, July 10 - Thursday, July 14

Registration: Sunday, July 10 1:00 - 2:00 p.m.
First meal at Geneva Point Center will be dinner on July 10

Director Joan Forge's cell phone number: 603-387-1202
Geneva Point Center phone number: 603-253-4366

| | |
|---------------------------|--------------------------|
| Mailing Address: | Camper's Name |
| Campers love mail! | Pass Set Crush |
| | Geneva Point Center |
| | 108 Geneva Point Road |
| | Moultonborough, NH 03254 |

Final Volleyball Tournament: Thursday, July 14
Warm up 1:30 and Tournament 2:00-3:00 p.m.

Awards Ceremony: Thursday, July 14 3:00 p.m. (2:00 p.m. if raining)

Departure: Thursday, July 14 3:30 p.m. (2:30 p.m. if raining)
Last meal at Geneva Point Center will be lunch on Thursday, July 14

Questions: While camp is in session contact Joan Forge's cell phone 603-387-1202

Camper Photos: Please visit our website at www.passsetcrush.com each night starting on Monday evening to view photos of the campers while in session.

QUESTIONS???

Please contact Director Joan Forge
603-387-1202
e-mail: forge@worldpath.net