



**2008 Colorado Adventure
Lacrosse Camp
Colorado Mountain College
Glenwood Springs, CO
August 4 – 8, 2008**

CAMP DETAILS:

Directions to Campus:

Driving directions: (courtesy of Colorado Mountain College – Spring Valley Campus)

- From Denver: Take I-70 to the first Glenwood Springs exit. Turn right off the exit ramp.
- From Grand Junction: Take I-70 to the second Glenwood Springs exit. Turn left off the exit ramp.
- For Both: Next, you will come up to a light (only a block after exit ramp). Turn right, this should be 6th Ave. Go two blocks, you will see a curve and a bridge, go over the bridge. Now you're on Grand Ave (also known as Highway 82). From the bridge go 7 miles (you will travel through town). After 7 miles you will come to a light, which is also the second light out of town. There is a Phillips 66 gas station on the corner and a Thunder River Market. At this light, turn left, this is County Road 114. Go 3 miles (the campus is pretty secluded, so you will not see many buildings as you travel these last 3 miles). The campus will be on the right. Go to the second entrance, which is the main entrance. Follow the signs from there.
- [PRESS HERE FOR MAP](#)

Check in and check out times.

Overnight Campers:

August 4th: Check in between 12:00pm-2:00pm

August 8th: Check out between 11:30am -12:00pm

Extended Day Campers:

August 4th: First Day Check in is 2:00pm. Daily check in after that is 9:00am.

Daily evening pick up is 8:30pm.

August 8th: Last day check out is 11:30am.

On-Campus Contact Person:

Mark Miyashita – Camp Director – 720-984-6063 on campus cell phone. All calls prior to the start of camp are to be directed to our home office at 704-875-6700.

**** VERY IMPORTANT **** Coach Miyashita will be extremely busy overseeing the camp, so we ask that you **ONLY** contact him for emergency purposes.

Check List - What to Bring:

1. \$50 dorm key deposit check made out to Xcelerate Lacrosse, LLC...NO CASH WILL BE ACCEPTED...check will be returned at end of camp when dorm key is returned.
2. **A signed River Rafting Waiver – see attachment**
3. ALL lacrosse equipment
4. Water Bottle
5. Cleats
6. Bed linens, blankets, pillow (sleeping bags work too)
7. Toiletries & towel
8. Plenty of shorts and t-shirts
9. Bathing suit

Roommates: We will do our very best to accommodate your roommate requests. Campers will learn who their roommate is upon arrival at camp.