



## **2017 ARMY WEST POINT BOYS RUGBY CAMPS**

***Camp Director: Head Coach Matt Sherman***

***Assistant Camp Director: Director of Operation Captain Dave Geib***

- The Army West Point Rugby Boy's Rugby Camp is offered to both overnight and day campers.
- Camps are open to all boys ages 10-18 years of age
- Campers participate in a safe, active, and fun-filled learning environment.
- Each camper receives special instruction on skills, tactics, rules, sportsmanship, etiquette, mental toughness, goal setting, leadership, conditioning, and nutrition.
- The Army West Point Boys Rugby Camp focuses on individual instruction
- We offer a teaching ratio of 10 (campers) to 1 (instructor).
- Our camp staff includes current and former college and high school rugby coaches, All Americans, Professional Rugby players, Army Officers, and dozens of Army West Point Rugby Alumni.

***Thank you for choosing Army West Point Boys Rugby Camp!***



## 2017 ARMY WEST POINT - BOYS RUGBY CAMPS

Session	7's Camp	Junior Camp	Senior Camp
Dates	June 17, 2017	June 23-25, 2017	July 20-23, 2017
Ages	14-18	10-15	14-18
Check In Time and Location	9:30am Anderson Rugby Complex	8am-9am Anderson Rugby Complex	8am-9am Anderson Rugby Complex
Check Out Time and Location	7:30pm Anderson Rugby Complex	12pm Anderson Rugby Complex	12pm Anderson Rugby Complex

*\*COMMUTERS MUST CHECK IN ON FIRST DAY OF CAMP AT REGISTRATION*

### **CONTACT INFORMATION**

Camp Director: Matt Sherman  
 Emergency Cell: (415)-828-8073  
 Office: (845)-938.0174  
[Matthew.sherman@usma.edu](mailto:Matthew.sherman@usma.edu)

Rugby Operations/Asst. Director: Dave Geib  
 Emergency Cell: (610) 761.7059  
[David.geib@usma.edu](mailto:David.geib@usma.edu)



## **CAMP INFORMATION**

### **2016 ARMY WEST POINT - BOYS RUGBY CAMP**

- **Entrance**
  - o All visitors 16 and over must present a valid ID to enter West Point.
  - o Please anticipate and plan accordingly all luggage to be inspected prior to admittance on to West Point.
  - o All camp visitors and residents are to enter through Stony Lonesome or Thayer Gate and proceed to Anderson Rugby Complex
  - o Signs will be posted.
- **Parking and Shuttle to Dorms**
  - o All vehicles will park at Gillis Field House or designated parking areas. Signs will be posted to direct you to your specific sport camp check in location.
- **Check In**
  - o Check-In will take place at Anderson Rugby Complex. Following check-in, buses will take campers and parents to the dormitories to unpack.
- **Facilities**
  - o Campers will be training at Anderson Rugby Complex and Foley Athletic Center.
- **Dormitory/Barracks**
  - o All overnight campers are housed and supervised in dormitory rooms operated by the United States Military Academy.

## - **Rules and Regulations**

- All campers are required to comply with the Army West Point Summer Camp guidelines, which are established to ensure personal safety, hygiene and property damage prevention. Rules and expectations are discussed during the start of each session and are posted inside the dormitory. Any camper found to be disruptive and unwilling to follow behavior guidelines will be sent home without a refund.

## - **Cancellations**

- All refunds must be approved by the Camp Director and are processed on a case by case basis. You will be notified once a final refund decision has been made.

## - **Camper Dining**

- Campers will dine at the Eisenhower Cafe, a very visible and prominent location on campus. First Meal served to your camper will be lunch. Campers will be served breakfast, lunch and dinner daily. On the last day of camp your camper's last meal served will be breakfast.
- Your children will be well-fed at camp. If you choose to send snacks with them. We ask that these snacks be limited in quantity and be healthy in nature as past experiences have shown us that young campers tend to overindulge. Thus, resulting in stomach-aches and 'sugar highs' that are unpleasant for all involved. The children will also have the opportunity to purchase snack items from Grant Hall on a cash only basis. Parents: When packing snacks for your children to consume in the barracks at camp, please be sensitive to other campers that may have peanut allergies. To ensure the health and safety of all campers, we request that you avoid sending peanut products with your child

## - **Camper Housing**

- All overnight campers will be housed and supervised in dormitory rooms operated by the United States Military Academy.
- We ask that campers do not bring valuables. The United States Military Academy and Army Athletic Association are not responsible for lost or stolen items.

## - **Typical Daily Schedule (Overnight Camps)**

- 7:30am: Wakeup and Breakfast @ Ike Hall
- 9:00am: Morning Training (Rugby Skills: Attack, Defense, Contact)
- 12:00pm: Lunch and Camp Store Open
- 2:00pm: Afternoon Rotational Session:
  - On Field: Individual Skills, Unit Forward and Back Skills
  - Off Field: Mental Skills, Campus Tour, College/West Point Admissions Seminar, Strength and Conditioning Clinic, Nutritional Seminar
- 5:30pm: Dinner
- 7:00pm: Evening Army Rules Rugby Competition
- 8:45pm: Back at Dorm- Camp Store Open
- 10:00pm: Lights Out

# PACK LIST

## 2016 ARMY WEST POINT - BOYS RUGBY CAMP



- **What to Pack** (Day Camps/Campers Pack List \*)
  - Water Bottle\*
  - Electric Fan (No A/C available in dorms)
  - Bedding (Sleeping Bag or sheets/blankets)
  - Pillow
  - Clock
  - Toiletries (Shampoo, soap, toothpaste, etc.)
  - Shower shoes (flip flops, etc.)
  - Towels for shower and Delafield Pond
  - Bathing suit\*
  - Cleats and Tennis Shoes\*
  - Rugby Shorts and Socks (Soccer will work if you don't have them)\*
  - Rugby Jersey or Athletic T's\*
  - T-shirts/shorts for down time\*
  - Kit bag to carry training gear\*
  - Sunscreen\*
  - Mini-safe (If desired to lock up certain valuables, money, etc.)

*We ask that campers do not bring valuables. The United States Military Academy and Army Athletic Association are not responsible for lost or stolen items.*

- **What NOT to Bring**
  - Mini-refrigerators
  - Large coolers
  - Unsealed snacks/food
  - Valuables/electronics (Doors remain unlocked at all times)
  - Parents: When packing snacks for your children to consume in the barracks at camp, please be sensitive to other campers that may have peanut allergies. To ensure the health and safety of all campers, we request that you avoid sending peanut products with your child.

*The United States Military Academy and Army Athletic Association are not responsible for lost or stolen items. All items (including valuables, money, etc.) are brought at the risk of each camper and are not the responsibility of USMA, the Army Athletic Association, coaches and staff. Please keep in mind that elevators are NOT available (even to the top floor) for carrying bags.*



**ARMY WEST POINT™**  
R U G B Y

***Thank you for choosing Army West Point Boys Rugby Camp!***