

2012

East Meck

Rugby Camp



Welcome to the East Meck Rugby Camp

We are planning a great weekend up in the mountains of North Carolina, so we need you to be prepared in mind, body and soul for this adventure. Thanks for joining us.

What to bring

Rugby Gear

- Mouth guard
- 4 Practice tshirts
- Athletic/rugby shorts
- Sweat pants and sweatshirts
- 5 pairs of socks
- Extra sweat pants

Regular Clothe

- Rain jackets
- Rain gear
- Sweater
- Pants
- Underwear
- Extra socks
- Hat
- Gloves

Foot Wear

- Running shoes
- Cleats
- Boots
- Sandals

Others

- Sleeping bag/ blankets/bed sheets/pillow, if it goes inside your bag
- Duffel bag
- Plastic bags for wet clothes
- Toiletries including towel
- Notebook/Pencils
- Lotion/sun glasses/ bandana

Friday Itinerary

6:30 AM Bring your bags to room 603 in the morning. There will be a place for them .Go to classes as a regular day.

2:15 PM Come back to my room as soon as the school is over for a lunch meeting

3:30 PM Departure to Camp

6:30 PM Arrival to Camp

The rest of the Itinerary will be given at Camp.

Dinner time will also be announced at Camp.

Camp Expectations

Character is what a person is inside. Our character is revealed by how we act when we think no one else is looking. A person of character has good ethical values that distinguish right from wrong and a strong commitment to do what is right. By showing respect and taking ownership of your actions, you demonstrate character, gain knowledge, and enjoy success! That is what East Meck Rugby is all about.

Trustworthiness

Be honest. Honesty is being truthful in actions and words and accomplishing goals fairly.

- Attend all planned activities. Do not to be in cabins or any unsupervise area on camp during presentation times.
- Players are not to leave the camp at all.
- No players is to be away from his cabin after lights out.
- Drugs, alcoholic beverages, and tobacco products are forbidden.
- Cell phones will be off and turned on to call home an report during assigned times. Phones must be turned off and stored away at other times during the day.

Respect

Be respectful.

- Treat others the way you want to be treated, being courteous in actions and words when someone else is speaking.
- Do not bully or exclude others from the group.
- To not show rudeness in word or action. Do not use profanity.

Responsibility

Pursue excellence.

- Do your best.
- Try something new with enthusiasm and a positive attitude.

Fairness

Be fair.

- Be open-minded and listen to other people's opinions, even when they are different than yours.

Caring

Care about others.

- "Build up" your teammates; don't "tear them down." Tell someone when he does a good job or has a good idea.
- Resist name calling or put downs.

Citizenship

Do your share.

- Protect our camp environment by picking up after yourself.

Be prepared to give your 110%, learn a lot and have great FUN

Parents Page

Keep this page to be in touch

For your information:

Players will not have their phones with them during the Camp; they will contact you during specific times if they need to:

- **At arrival**
- **Every night before going to bed**
- **After lunch**
- **One hour before arrival at East Meck to make sure you are there to pick him up. (No later than noon Sunday Feb 5th).**

SHOULD YOU NEED TO CONTACT COACH VILLACURA, PLEASE DO SO

BY CALLING

704-526-9615

OR EMAIL

ramon.villacura@cms.k12.nc.us