



Cape Cod Summer Camps 2009

HOW ARE PLAYERS BROKEN INTO GROUPS?

Players are broken into teams based on sport (Baseball or Softball), age and then skill level.

WHAT DO I BRING TO CAMP?

Please label all camper belongings. Frozen Ropes is not responsible for lost, stolen or missing items.

- Equipment for participation, (glove, bat, baseball pants, water bottle)
- Towels, toiletries, sunscreen
- Sleeping bag or sheets for twin bed, pillow, blanket
- Swimsuit, shorts, t-shirt, sneakers and shower shoes
- Small room fan
- Spending money, (suggestion: between \$75-\$100, for snacks and souvenirs)
- Laundry bag and trash bags (for room clean up)
- Additional valuables (i.e., TV's, walkmans, Gameboys, etc.) increase risk for loss or stolen items. The players are responsible for securing these items

I HAVE A FRIEND I WANT TO BUNK WITH. CAN I?

All rooms are double occupancy. Roommates will be assigned giving preference to those campers who indicated a selection on the application. Players of like ages will be grouped together. *Due to fire code regulations triple room assignments will not be given.*

CAN I ATTEND FOR MORE THAN ONE WEEK?

Due to changes at The Massachusetts Maritime Academy, we will NOT be able to accommodate stay-overs at MMA. Should you want to stay between camps you will have to make your own accommodations. However, we will help in anyway possible.

ARE THE DORM ROOMS LOCKED?

All rooms lock and each player is given a key to his or her room. Room keys need to be turned in to the floor counselor on the last day of camp. Your child is responsible for turning in his own key. Do not rely on someone else to do it! If campers do not return their keys they will be charged a \$40.00 lock change fee.

MY FAMILY IS STAYING ON CAPE COD. WHERE CAN THEY STAY?

Call early to ensure reservations.

In Falmouth

| | | | |
|---------------------------------|--------------|-----------------|--------------|
| Green Harbor Waterfront Lodging | 800-548-5556 | Holiday Inn | 800-holiday |
| Shoreway Acres Inn | 800-352-7100 | Mariner Motel | 800-233-2939 |
| Nautilus Motor Inn | 800-654-2333 | Coonamesett Inn | 508-888-2878 |

In Bourne

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|----------------------------------|--------------|
| Best Western Bourne Bridge Hotel | 508-759-0800 |
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In Buzzards Bay

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| Bay Motor Inn | 508-759-3989 |
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In Sandwich

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| Shady Nook Inn | 508-888-0409 |
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HOW DO WE GET TO THE MASSACHUSETTS MARITIME ACADEMY?

Massachusetts Maritime Academy
101 Academy Dr.
Buzzards Bay, MA 02532
(508)830-5078

Take 495 South to Cape Cod until 495 turns into Rt. 25. Take exit 2 Bourne (the last exit before the bridge). Make second right out of the rotary onto Main St. (follow signs- Main St. Buzzard's Bay, Mass. Maritime Acad.) Follow Main St. through town, at second light make left onto Academy Drive. Stay on Academy Drive into Mass Maritime Academy and follow Frozen Ropes signs for the registration area.

WHO DO WE CALL IN AN EMERGENCY?

EMERGENCY TELEPHONE NUMBERS

The Massachusetts Maritime Academy has available to its students and employees a twenty-four hour Campus Police Department. The Campus Police can be contacted as follows:

- Emergency: Dial 9-911 from any in-house campus phone and wait for the officer to pick up the call on his two-way radio. Then state the emergency.
- Non-Emergency: Dial Ext. 1025 for the Patrol Officer Office.
- Campus Cell Phone: (508) 726-0798-Chief Swayze's office extension is 5600. If no answer call Campus Police Cell Phone at (508) 737-4056.
- Bourne Police: Dial 9-911 from any house phone.
- Frozen Ropes Camp Director: (877)-846-5699
- Frozen Ropes Training Center: (877)-846-5699
- Mass Maritime Academy: (508)-830-5078 or (508)-759-5761
- Cape Cod Chamber of Commerce: (877)-332-2732

Frozen Ropes has a full time certified trainer on staff at all on-field activities.



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WHAT DO WE DO DURING THE DAY?

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|---------|---------------|---|
| Sunday | 1:00-3:00pm | Overnight campers drop off @ Massachusetts Maritime |
| | 3:00pm | Day campers drop off @ Massachusetts Maritime |
| | 3:30pm | Camp Meeting |
| Mon-Fri | 8:30am | Day campers drop off for camp |
| Sun-Thu | 8:00pm | Day campers picked-up from camp |
| Friday | | Morning session until 11:30 |
| | 11:30-12:00pm | Awards and Closing Remarks |
| | 12:00pm | Camp Ends |

A TYPICAL DAY

| | |
|---------------|---|
| 7:30-8:30am | BREAKFAST |
| 8:45-9:30am | On-field strength and conditioning, yoga and meditation |
| 9:30-11:15am | Skill development and station work |
| 11:15-12:30pm | LUNCH |
| 12:45-4:30pm | Afternoon group workouts, mini-sessions |
| 4:30pm | DINNER |
| 6:15pm | Evening mini-sessions and games |
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NOTES

- On-site camp games will take place in the afternoon and evening at MMA
- Late afternoon and evenings will be reserved to visit Cape Cod attractions. Players have the option to stay behind for extra instruction.
- Free time is determined on a week-to-week basis.
- All activities are subject to change at the Camp Director(s) discretion.