

Team NorCal 2023

Bear Valley Overnight Camp Memo [THIS IS LAST YEARS MEMO - 2024 TO BE SENT OUT SHORTLY]



Dates: July 24th - July 27th, 2023

Camp Location and Camper Lodging:

Bear Valley Lodge & Base Camp & Glamping Tents
3 Bear Valley Road
Bear Valley, CA 95223

Camp Info Web Site

www.TeamNorCal.com/bearvalley

PLEASE READ EVERYTHING IN THIS MEMO - IT IS ALL VERY IMPORTANT. IF YOU FAIL TO COMPLETE REQUIRED FORMS OR PROVIDE IMPORTANT DOCUMENTATION, YOUR CHILD MAY NOT BE ABLE TO PARTICIPATE IN CERTAIN ACTIVITIES OR IN THE CAMP. "I DID NOT KNOW" IS NOT A SUFFICIENT EXCUSE.

Description

The Team NorCal Bear Valley Overnight Lacrosse Camp will be a fun and exciting mix of lacrosse skill development and traditional Summer Camp Outdoor activities. This is our 11th year in Bear Valley, and it should be our biggest and best camp ever! We expect 150+ campers and 20 counselors. This is by far the largest camp of the summer in Bear Valley, and we make quite an impact on this small town.

The following pages contain extremely important info and SEVERAL CRITICAL ACTION ITEMS, so please read thoroughly. You can call or email us if you have any further questions

ACTION ITEMS

- 1) Rock Climbing [RSVP for Rock Climbing](#). Here is the list of [people who have already RSVP'ed](#).

PRE-CAMP COVID NEGATIVE TEST NOT REQUIRED BUT RECOMMENDED

For the last two years, per Health Department Policy, all campers were required to take a pre-camp negative COVID test. This is no longer a camp requirement (nor a state requirement). **But we do personally recommend you test your camper before camp to be sure they are not bring COVID to camp.** COVID is still out there and very contagious (though far less dangerous due to vaccines and new treatments).

Camp Check In/Check Out

Check In at Bear Valley Lodge will be between 11:30AM and 1:00PM on Monday, July 24th. Camp Orientation will begin promptly at 1:00PM on Monday. Check Out will be between 1-2PM on Thursday, July 27th. If you are driving up to Bear Valley, it is best to try and arrive prior to the buses (which we hope will arrive well before Noon), or you may well be stuck in a long registration line behind the 120 or so people taking the buses. When you check in, you will be given your personalized Team NorCal Bear Valley 2023 pinnie. You will be given your room key on a lanyard that you should keep around your neck the entire camp. We tire quickly of dozens of kids coming to us through-out camp and saying they lost their room keys.

Transportation to/From Bear Valley

We have two 54 passenger luxury coaches and a 2 Person UHaul Cargo Van and a 12 passenger van. THE BUS IS NOW SOLD OUT on the return, though we have space on the way to Bear Valley.

BUS DEPARTURE TIMES MAY CHANGE!!

This is the [2023 Bear Valley Bus Census](#)

Buses will be departing from Palo Alto High School Parking lot (it will be in the corner of the lot nearest the intersection of El Camino and Embarcadero) at 8:00am on Monday morning. Do not be late - we do not wait for stragglers.

There will be two East Bay stops.

- 1) Bus 1 will stop at Walmart in San Leandro, at 15555 Hesperian Blvd near the front entrance
- 2) Bus 2 will stop at the Walmart in Livermore at 2700 Las Positas Road in Livermore, near the front entrance.

Please arrive for these Eastbay pickups no later than 8:45am to ensure prompt turnaround time.

Players should eat breakfast before the bus ride, PLAYERS NEED TO PACK A BAG LUNCH TO EAT ON THE BUS UP TO BEAR VALLEY. WE WILL NOT SERVE LUNCH. Just a warning, we have no control over traffic in the Bay Area. Often, we run into delays on 880 and 580 and do not arrive in San Leandro or Livermore on schedule on the outbound. Please be patient with us. We will use Twitter/Instagram to post updates on likely arrival times.

The bus will be departing from Bear Valley at approximately 2PM on Thursday, July 27th, returning to the Livermore and San Leandro locations in the late afternoon, and Palo Alto High Parking lot sometime in the early evening on Thursday - sometimes as early as 5:30PM, but more often than not after 6PM. The bus will need to turnaround quickly, and will not be able to wait for you, so please make sure you are on time if you are using the bus option. You can follow us on Twitter or Instagram for bus updates on both sides of the trips, as well as other updates and highlights throughout camp.

Camper Lodging

The Glamping tents (14 of them) will house 28 campers and counselors. Bear Valley Lodge will house its full capacity - 119 campers and counselors.

Base Camp, a different building closer to the Village Center, houses 24 of our campers and counselors. It has just reopened after being rebuilt extensively in 2021.



Bear Valley Lodge Cathedral Room



Bear Valley Glamping Tents

Bear Valley Lodge has been closed for our exclusive use for the duration of our camp. Campers will each have their own bed in the Lodge, and stay in rooms of 2-3 players in the lodges. The main lodge is atrium style with all floors open to the Cathedral Room/Lobby below, so it is relatively easy to monitor the kids for behavior and safety.

Glampers who asked for 3 roommate configurations will have two beds - one queen and another twin, and so two campers will share the larger bed. Blankets and linens will be provided, but **a sleeping bag is recommended** to ensure maximum comfort. [The rooming list for 2023 can be found here](#): We honored as many roommate requests as possible. There are still a couple of likely changes, so check this in a day or two. Roommate requests need to be mutual – i.e. both people must want to room with each other. In the absence of a specific roommate request, we have done our very best to group campers in rooms with other campers who are the same age, and/or the same club, so they can stay with their peers/friends, and appropriate age groups and grades. If your child is unhappy with his roommate situation, please get in touch with us and we will see what we can do. Be sure not to confuse general homesickness with a bad roommate situation. Every year we have a few homesick campers, but in general they pretty quickly forget why they were upset, and become fully integrated into camp activities.

The Bear Valley Lodge was built in the 1960's and was one of the most modern ski lodges of its' time. Olympic skiers and Hollywood starlets were frequent guests. That said, that was 60 years ago, and time is not always gracious to people or hotels, and so it does not compete currently with the Four Seasons or Ritz Carlton chains. It has

undergone some nice upgrades in the last few years, but it is probably close to perfect for a summer camp experience for kids.

We will pay attention to the sleep needs of our campers. Each day we progressively add 30 minutes to the wake-up call schedule - 7AM on Tuesday, 7:30AM on Wednesday and 8AM on Thursday.

Dining/Meals

ALL CAMPERS - REGARDLESS OF HOUSING LOCATION - WILL EAT AT BEAR VALLEY LODGE

Bear Valley has an excellent Hospitality team, who will be in charge of meals during our stay. Players will have hot breakfasts each day, Tuesday through Thursday. Lunches will be provided Tuesday and Wednesday as well, on the Field. **On Thursday, we will provide lunch to all campers returning with us on the bus (stopping at Subway in Arnold on the drive home), but those campers being picked up and taken by others will have to procure their own lunches.** Dinners will be served in the Main Lodge in the Creekside Restaurant or the Cathedral Room. Our objective is to provide healthy food in sufficient quantity to fuel these kids who will be going non-stop all camp.

A general overview of this year's menu is included in the Agenda below. We remain focused on what has been very popular in the past – roast chicken, pasta bolognese and BBQ Pulled Pork for dinner, sandwiches and pizza for lunches, and scrambled eggs, french toast, bacon/sausage,, fruits and cereal for breakfast. We include healthy and nutritious sides to accompany these meals. We try and avoid sugary drinks at meals as much as possible – we prefer water and milk and occasionally lemonade for lunch and dinner. That said, camp is the time for fun - we buy the kids their favorite cereal cups - maybe even the ones Mom says are 'not good for you and will rot your teeth out'. There are always plenty of healthy options as well.

We have done our best to accommodate those with food allergies, but players should monitor their food intake and please make sure to talk to a counselor to help make sure food options and needs are met. If you have a severe contact or inhalant allergy for nuts, gluten, or any other major food, you should discuss with your doctor whether participation in this camp is wise. The Bear Valley kitchen is not nut-free or gluten-free.

Please Note: If your camper has specific dietary restrictions or needs, and you have not already, please email that ASAP to bill@teamnorcal.com

Agenda

The current 2023 [Bear Valley Camp Agenda](#) including menus, is now public. It is subject to change, and we occasionally have real time changes in our Agenda at camp due to a variety of reasons, but in general we are very good about sticking to our plans.

Activities

Lacrosse

The lacrosse portion of the camp takes place on the Bear Valley Town Fields, across the road from the Bear Valley Lodge and Bear Valley itself. It is about a 10 minute walk to get there each morning. We have two fully lined grass fields there, surrounded by the great Stanislaus Forest.

We will have 7 Lacrosse sessions spread across the 4 days, representing over 17 hours of instruction time during the camp. We typically spend all morning each day at the fields. This year we will eat lunch at the fields, and then generally remain for a shorter early afternoon or late afternoon lacrosse session, with a non-lacrosse activity interspersed.

We divide the 150 campers into smaller groups of 10-15 campers (published this weekend), headed by a dedicated counselor, who will remain their leader all week long. They will travel to and from the fields together, try and eat together, and spend much of each lacrosse session together. They are obviously divided by gender, age and lacrosse skill level. The counselor will also provide them their final camp performance review on the last day.

Summer Camp Activities

A number of non-lacrosse outdoor activities will be included in the camp.

Lake Swimming

The kids will have a chance to hit the water each day, for swimming at Bear Lake (a natural Alpine Lake about a half mile walk from the Lodge). Starting Monday afternoon, we head up to Bear Lake, where we have access to an offshore diving platform.

Rock Climbing

A rock climbing activity is also included for those that wish. **This is generally one of the highlights of the Camp. YOU MUST PROACTIVELY OPT-IN TO THIS ACTIVITY TO PARTICIPATE (SINCE WE PAY A PER PERSON CHARGE FOR IT, AND THEY NEED TO HAVE THE PROPER NUMBER OF CLIMBING GEAR SETS AVAILABLE).**

We have contracted with a professional rock climbing company California Rock Guides to host this for us. This event has been super popular in years past! CRG is world renowned for taking people on mountaineering expeditions all over the world, and they have a great natural rock formation in Bear Valley in Box Canyon where they can let both beginners and intermediate and experienced rock climbers get a taste of the real thing. They have all the needed safety and performance equipment. This will happen Tuesday and Wednesday afternoon.

YOU NEED TO [RSVP](#) FOR THIS ACTIVITY SO WE CAN KNOW HOW MANY CLIMBING INSTRUCTORS ARE REQUIRED. This is the [list of people who have replied and their answers](#) - i.e. I am rock climbing/I am not rock climbing. If you have not replied, you are by default on the 'I am NOT climbing' list.

IMPORTANT NOTE!!: If your camper wishes to participate in the Rock Climbing activity, a [liability waiver form](#) MUST be completed, and sent to info@swsmountainguides.com. Campers will NOT be allowed to participate in the rock climbing activity without a completed waiver. When you RSVP, that will tell CRG to send you a waiver form, which you must complete.

Glamping

Bear Valley Resort several years ago built 14 spectacular Glamping tents on the ski resort ridge overlooking the mountains. These tents contain a queen bed with mattress, air mattress, a wood stove, solar powered electricity and lamps. Each tent has a porch with chairs to sit back and watch the sun set. The Glamping area is about 3 miles away from the Village and the Lodge. There are shower, bathroom and lounge facilities at the ski resort. The furniture and mattresses are frankly better up at glamping than in the Lodge. Tuesday night every one will go up to the Ski Resort and the Glamping Facilities to watch the sunset and have a campfire.

On Tuesday night, after dinner, we will head over to the fields We'll play Capture the Flag and some unique games under the stars – this year we are going to try and pioneer a new sport called 'Moonlight Lacrosse'. We'll take neon glowsticks and weave

them into our lacrosse heads, add glow in the dark soft lacrosse balls and goals adorned with glow sticks indicating their posts, and then play a game of lacrosse under the stars! No hitting or checking allowed, but all the other rules apply! It is a pretty close to Full Moon that night, so we will have some natural lighting to assist us.

Wednesday Night Visit to the Top of the Mountain and Celebration

We'll all head up the Ski resort and the glamping tents and climb to the top of the ridge, and watch a beautiful sunset over the Sierra's. Campfires, smores, and more. The shuttle buses will tke us all up and back. You might even find some left over snow, and we can slide down a few slopes!

Contact Info

Important numbers for you to know for emergency situations or questions:

Bear Valley Lodge Main (209) 753-2327 (attendant available 9am-4pm) - Arlene Shaw
Bear Valley Lodge After Hours # same as above, please listen for extension to night attendant

(Dial the Main number above, then the room # as the extension will put you in contact directly with their room.)

Bill Glazier – Camp Director bill@teamnorcal.com 650-814-3857

Brent Tovrea - Lead Boys Coach brent@teamnorcal.com

Colleen Niklaus - Lead Girls Coach (415) 412-8395

Cell phone and internet service in Bear Valley is limited and spotty. We are lucky to get one bar on any phone from any provider. Service tends to improve in the evening, and it is better for us nearer the Lodge than on the fields (where we are for lunch and in the evenings). Do not be upset if you can not reach your child if they have a cell phone. You can always call the main Bear Valley Lodge phone during office hours and leave a message with Arlene Shaw for any of us.

What to Bring

















- 1) All Lacrosse Gear (including Mouthpieces, helmet, shoulder & Elbow pads, Gloves, sticks -maybe an extra one is a good idea just in case, cleats for grass, protective eyewear, protective cup). SEVERAL PAIRS OF SOCKS!
- 2) \$ for incidentals, snacks, personals, etc. (not too much, because that usually results in obscene candy purchases, and bad things result...)
- 3) Two towels for swimming and personal hygiene

- 4) Swimsuit
- 5) LARGE WATER BOTTLE
- 6) Masks
- 7) Change of clothes for appropriate days
- 8) Shoes/flip flops for off field activity
- 9) Perhaps pajamas/relaxing clothes that might be suitable to wear in the common areas during movie night/talent show night
- 10) LOTS OF SUNSCREEN and a HAT(s)!
- 11) Toiletries/especially toothbrush/toothpaste and lip balm
- 12) Sleeping bag
- 13) Athletic shoes for hiking
- 14) Most importantly, a great attitude

BTW, there are no washer/dryer facilities available to campers in Bear Valley.

As you consider what to pack, please remember that while the days are consistently in the 80's, at night it can get cold in the Sierra's at this elevation – temperatures in the 40's are not unusual even in August once the sun sets.

Bear Valley Weather Next Week - Perfect at 7,500 Feet

Mon 24	79°/48°	 Mostly Sunny	 0%	 SSW 13 mph	
Tue 25	78°/48°	 Sunny	 0%	 S 11 mph	
Wed 26	78°/48°	 Sunny	 0%	 S 11 mph	
Thu 27	78°/49°	 Sunny	 0%	 SSW 11 mph	

There is a general store adjacent to Bear Valley Lodge where campers can purchase snacks, drinks, and other assorted sundry items. The General Store handles NO lacrosse or athletic equipment of any kind. You should feel free to give your child some spending money for this, but NOT too much – we have seen some rather crazy purchases of candy that perhaps would not have happened with some parental supervision and/or resource constraints.

One last issue: you should remind your child that it is **important that they shower or bathe daily**. Amidst the excitement of camp, it is often overlooked and the grime and dirt accumulate. We don't mind it, but the look on parent's faces when their child gets off the bus on the last day of camp covered in grime is perhaps something we might

choose to avoid. A parental reminder before camp will enable us to reinforce this message.

What Not to Bring

- 1) drugs, alcohol, or tobacco products of any kind (we've never had any problems with this, but it never hurts to state the obvious)
- 2) sharp objects/blades, fireworks or any other explosive item
- 3) any valuables not necessary for camp – more likely they will be lost than stolen, but just a word to the wise

Behavior Rules

It is very important that we represent Team NorCal, and our lacrosse community well during this camp week. This begins with outstanding behavior which is expected from all campers. Players should keep their rooms clean, and pick up after themselves in other areas of the lodge and on the field. **Bedtime is 10pm each night, and lights-out is 10:30 PM each night, which will be followed by Bed Checks**, where all campers are expected to be in the rooms with all lights out. A coach or counselor will knock on your door at that time each night, and if you are not in your room, there may be consequences the next day. We expect players to watch their language, and the way they treat fellow campers, coaches, counselors, and Bear Valley Lodge Staff. If caught violating any of these rules, campers will be called into Team NorCal Kangaroo Court, and will be forced to beg for the opportunity to play in the rest of the Camp. Trust us, Kangaroo Court is not a democracy. Continued or serious violations may result in further disciplinary action, up to and including expulsion from the camp. Players who are expelled from camp will not receive a refund, and parents will be asked to have transportation from camp arranged early.

Medical Care/Emergency Services in Bear Valley

This year one of our counselors is a certified EMT.

Bear Valley is also fully staffed with a full time Medic, sheriff and fire station. In case of emergency, simply call 911. Additionally, there is a well trained Volunteer Fire Dept, and robust staff of Search and Rescue. When a 911 call goes out, all get dispatched. Response times are statistically quicker than in urban areas. The fire station is only about a ½ mile from the sports field. When a 911 call goes out, an ambulance staffed with EMT is automatically dispatched from the Ebbetts Pass Fire District station in Arnold. The local team will waive them off or not, as necessary. In an extreme emergency, a med helicopter with medics is a 10 minute flight time away, in South Lake Tahoe. Ambulances transport injuries to either Sonora Regional hospital or to St. Joseph's/Mark Twain in San Andreas. The helicopter transports to UC Davis Med Center or to Carson Reno depending on the injury.