

SuperCamp Times

a periodic newsletter from SuperCamps & SuperClinics

< FLCC EDITION >

Summer 2010

Directions to SuperCamp at FLCC

FLCC is located at 3325 Marvin Sands Drive, Canandaigua, NY 14424

From Routes 5 & 20: Coming from the east, turn left (from the west turn right) on Route 364. Travel to the second stop light, turn left on Lakeshore Drive. The campus entrance (Marvin Sands Drive) is on your right.

From Syracuse and points east: Take the New York Thruway (I-90) west to exit 43. Take Route 21 south, turn left on Canandaigua's Main Street (Route 332).*

From Buffalo and points west: Take the New York Thruway (I-90) east to exit 44. Take Route 332 south which turns into Canandaigua's Main Street (Route 332).*

From Binghamton and points east and southeast: Take Route 17/I-86 west to Route I-390 north and take Exit 2 - Cohocton. Travel north on Route 371 which turns into Route 21 north. Follow Route 21 to Canandaigua, turn right on Main Street (Route 332).*

From Jamestown and points west: Take Route 17/I-86 east to Route I-390 north and take Exit 2 - Cohocton. Travel north on Route 371 which turns into Route 21 north. Follow Route 21 to Canandaigua, turn right on Main Street (Route 332).*

* Follow Main Street (Route 332) south toward Canandaigua Lake. At the tip of the Lake, Main Street bears to the left and becomes Lakeshore Drive. The FLCC entrance (Marvin Sands Drive) is approximately 1.5 miles farther on the right.

Check in at the gym.

Get Psyched for a Super Summer!

Campers are not permitted to have cars on campus. Failure to comply will result in dismissal.

Please check-in on-time. If you have circumstances that require a late arrival, please call (585)394-4299 and leave a message so we know when to expect you.

Refunds are provided for medical reasons only. Please provide a doctors note with your request for credit toward a future SuperCamp.

Special information for commuters and day campers.

Commuters attend 8:30 a.m.-9 p.m. with lunch and dinner provided. Day campers attend 8:30 a.m.-4:30 p.m. with lunch provided. *Day campers and commuters should also come to camp the first night to check in.*

Get psyched for a SuperSummer at SuperCamps!!



Packing for Camp Remember These Items

- Plenty of t-shirts, shorts, socks, and underwear. *It will be hot and you will be working hard and may want to change clothes several times each day*
- Sleeping bag or bedding, pillow and pillowcase
- Towels, washcloths, personal necessities
- Everyday clothes including raincoat, jacket or sweater
- A swimsuit
- Radio, games, cards, books for free time
- Money for concessions
- Sneakers/cleats. *You may want to bring two pair so your feet stay fresh.*
- A telephone and calling card. *Rooms will have phone jacks, but you'll need a calling card to dial out!*

CAMP CONTACT INFO

SuperCamps & SuperClinics
PO Box 541
Canandaigua, NY 14424
(585) 394-4299

If you have questions about your registration, please email housing@supercampsandclinics.com. Please reserve phone calls for urgent issues the week immediately prior to camp. We will make every effort to answer emergency calls within 48 hours.

VISIT US ON THE WEB AT
www.supercampsandclinics.com