

SuperCamp Times

a periodic newsletter from SuperCamps & SuperClinics

< NYCC EDITION >

Summer 2010

Directions to SuperCamp at NYCC

From the NYS Thruway (and points north): Take NYS Thruway exit #41 (Waterloo) and proceed south on Route 414 approximately 5 miles. Cross Rts 5 & 20 and go over the (canal) bridge. Turn left (east) onto River Road. River Road becomes Bayard Street in Seneca Falls. Continue on Bayard Street until you see the New York Chiropractic College on your right. Follow signs to the Athletic Center.

From the South: Take Route 89 north and look for the New York Chiropractic College just north of the Cayuga Lake State Park.

From the East or West: Follow Rts 5 & 20 to the junction of Rt. 89. Proceed south on Rt. 89 to the first traffic light on the corner of Rt. 89 and Bayard Street. The college is immediately on your right.

Check in at the Athletic Center (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!!

VISIT US ON THE WEB AT
www.supercampsandclinics.com

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. *You may want to bring two pair so you can always have a fresh pair!*
- 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.

