



**FCA LACROSSE CHARACTER AND LEADERSHIP CAMP 2022**  
**IOWA NATL GUARD/CAMP DODGE (6<sup>th</sup> Annual)**

We are a short time AWAY!!!! We continue to prepare for our eighth camp and sixth trip to Camp Dodge. The following information covers an overview of this year's event that is provided for both the player and any dad that would like to also participate. As we prepare to go, there are couple items of business that need to be completed and they are listed below. This is an outline of responsibilities and expectations, what to bring, and how to communicate. In Coaching we know that every athlete is in control of three things; Your Attitude, Commitment, and Effort (A.C.E.). Prepare to bring your best and be ready to give 100% for your team! We are going to have a great weekend filled with a lot of opportunities to build relationship, learn and compete while just enjoying being with one another. Our minds will be challenged, our bodies will be tested and hearts will be filled.

**#1: PLEASE RSVP SO WE CAN MAKE SURE WE HAVE YOU COVERED!**

**#2: PLEASE INCLUDE YOUR T-SHIRT SIZE FOR THIS YEAR'S EDITION.**

**(\*\*\*MAKE SURE YOU SUBMIT YOUR RSVP & SHIRT SIZE FOR BOTH THE PLAYER AND PARTICIPATING DADS!!!!!!)**

**IMPORTANT:** *EVERYONE* must sign the provided Camp Dodge **Liability Waiver Form Attached**. It is best to sign, scan and send to FCA Character Coach Barr ASAP! Good to pack a completed copy of the waiver as backup. Waivers are required for all the activities that we do on base.

**Email Waiver Form to:** [cbarr@gotoci.com](mailto:cbarr@gotoci.com)

**WHEN:** ARRIVE at 12:30PM Friday July 29th, BUS LEAVES AT 1:00PM  
(Eat something before arriving, it is a little while before Dinner)

**WHERE:** HOPE LUTHERAN CHURCH PARKING LOT, 925 Jordan Creek Pkwy, West Des Moines, IA 50266 IN THE FAR BACK WHERE THE BUSES ARE LOCATED.

**IMPORTANT TO HELP REDUCE CAR NUMBERS ONSITE IF WE CAN CARPOOL OR DROP OFF AT HOPE.**

**EVENT LOCATION:** Camp Dodge 7105 NW 70<sup>th</sup> Ave, Johnston, Iowa 50325

**IANG Host:** SGT Lance Golay  
Iowa Army National Guard  
Mobile 515-393-9844  
Office 515-252-4364  
[lance.j.golay.mil@mail.mil](mailto:lance.j.golay.mil@mail.mil)

**FCA Host:** Chris Barr  
FCA Character Coach  
Mobile.515-710-9220  
[cbarr@gotoci.com](mailto:cbarr@gotoci.com)

**All Those Going to Camp** are to meet at the designated Bus pick-up location where you will park your cars and load onto the bus for all to ride together to the barracks located on Camp Dodge where we will check in and receive a briefing of information.

**\*\*\*Dads and Event Contributors** who are participating have the option to join us on the Bus or drive to Camp Dodge and park in the designated parking areas around the Barracks. Both the Player and the participating Dads will be accommodated within the Barracks. Please let Chris Barr know if you need any special arrangements.

**WHAT TO BRING:**

**-WATERBOTTLE/SPORTS BOTTLE \*\*\*\*\*** (All of the Water and Gatorade provided all weekend is contained in bulk Coolers) **BRING A BOTTLE!!!**

(Camp Dodge Policies at time of camp honored regarding COVID 19) Regardless of policies, every individual will be honored for personal comfort levels and use of protective Masks etc.)

**-CAMP CHAIR** (folding camp chair for Saturday night & Barracks Huddle)

**-TOILETRIES** (Soap, Shampoo, Toothpaste, Toothbrush, Deodorant)

**-WASHCLOTH AND TOWEL**

**-BEDDING** (Sleeping Bag or Sheets & Cover Blanket & Pillow)

(We will all be on single bunked beds that have a mattress and spaced within the Barracks)**Note:**(Linens and Pillow are **NOT** provided)

**-ATHLETIC SHOES** (Bring extra pair in case you get wet)(**NO** Cleats Necessary), Athletic Clothing for Saturday activities, Change of clothes for each day.

**-SHOWER FOOTWEAR** - flops/slides

**-HAT/SUNGLASSES**

**-OK to bring extra snacks for night time, cards, etc.**

**-Any needed MEDICATIONS/INHALERS/ETC.**

(We will have Ibuprofen in addition to National Guard Medic resources for First Aid, all medications must be reported and **absolutely NO drugs, tobacco, or alcohol** which will be prosecuted by military police)

**COST:** There is **NO COST** to Athletes, Coaches and Dad's... the camp has sponsorship from the Guard, Corporate, and Personal funding that provides the weekend opportunity.

**DEPARTURE:** BUS leaves Camp Dodge on Sunday August 1st at 11:45 to return to the designated BUS Drop-Off location. Plan to arrive back to the parking lot before 1PM.

*Thank you* to all for your participation in helping to make this a great weekend! I am anticipating another great impact with momentum that sparks Fall Ball and continues to grow all the way into Spring and beyond! We will work to serve one another in achieving great things together. CB

**PLEASE HAVE WAIVER TURNED IN ASAP!!!**

**(WE BUILD A BINDER OF OUR WAIVERS FOR THE GUARD UPON ARRIVAL WHICH OPENS THE DOOR TO ALL THAT WE DO ON BASE)**

