



Jamaica LVC

INFORMATION PACKET

Message from the Founders & Program Coordinators:

This JLVC packet will help answer our volunteers and their parents' questions about what our Jamaica Lacrosse Volunteer Corps experience is all about. This information packet includes:

- Fast Facts & FAQs
- Meal, Lodging, Transport, Safety
- Pre-Trip check list
- General Itinerary and Photos
- Packing list

The JLVC program was created to promote opportunities for young adults to make a difference through impactful service, and life-changing experiences. It's a chance for you to touch, feel, see, and have a "LIVED" Jamaican experience, one we hope will have a meaningful impact on you for the rest of your life. As we say in Jamaica, Out of Many, One People.

SERVE. COACH. GROW THE GAME.

Calbert Hutchinson & Dwight Clarke



Fast Facts & FAQs:

How much does it cost? The Jamaica LVC program costs \$1,400 (one week) which includes room and board, ground transport, service and cultural activities and emergency health insurance. It does NOT include airfare, or any additional baggage fees beyond what your airline ticket allows (Typically one free checked bag.) Those looking to serve as interns for the 4 weeks of camp, costs \$2,100. This fee does NOT include airfare or any additional baggage fees beyond what your airline ticket allows (Typically one free checked bag.)

Who runs the program? Local and International Volunteer Enterprises Ltd. (LIVE) was founded in 2010 by Jamaica Lacrosse Association President, Calbert Hutchinson, and Vice President, Dwight Clarke. Both natives to the island, the duo help direct and run operations for the Jamaica Lacrosse Volunteer Corps (JLVC) programs. Hutchinson currently teaches in Nunavut, Canada but frequents back to the island throughout the year in assisting Clarke to run our summer and winter camps.

Who goes on these trips? The LVC is for both males and females and is typically attended by high school & college students, with strong participation also coming from recent college graduates and coaches. You need to at least be a freshman in high school to participate in the program. Over 250 volunteers have traveled to Jamaica and Uganda with our Lacrosse Volunteer Corps program. While we have had MLL and US National team players serve in our program, your skill level and experience is not important. What you do need is a strong work ethic, a passion for lacrosse and a heart for service.

Do I sign up by myself or with friends? Many volunteers join our LVC groups as individuals, while some come with a friend or a group of teammates. You should feel free to sign up on your own or to come with friends. Parents with a passion for lacrosse are also welcome to join us.

- ***Play and coach in the Jamaican High School Development Program***

In addition to the national team programs, the Jamaica Lacrosse Association runs a competitive high school development program. Every summer and winter, we hold an intensive training camp to prepare for the upcoming season. They could use your expertise!

- ***Community development projects with local children***

The reach of the Jamaica Lacrosse Association extends far beyond sport to projects that benefit the wider community. Over the course of the week, you will assist with some of these outreach projects, including delivering care packages and visiting a local children's center.

- ***Explore the beautiful Caribbean and reLAX***

For a lot of participants, this might be the first time they come to Jamaica, and we wouldn't want you to come to the beautiful Caribbean and only see a lacrosse field. You will learn about the real Pirates of the Caribbean from Lime Cay, teach you how to surf and introduce you to some soulful, acoustic reggae.

Where do we stay? What are the accommodations like? We stay in a retreat center at St. George's Jesuit College. It is similar to staying in a college dorm.

What do we eat? You will have a simple breakfast, lunch and a nice dinner. **Typical breakfast:** toast with butter and jam or peanut butter, cereal, banana, tea, coffee. **Typical lunch:** Peanut butter & jelly, banana, granola bar. **Typical dinner:** Assorted Jamaican style dishes (chicken, beef, fish prepared in a traditional Jamaican manner) assorted vegetables, rice, pasta. It is very easy to be a vegetarian or to go gluten free on our trips.

What vaccinations do I need? You do not need to have proof of any vaccinations to visit Jamaica, but the US Department of State & the Center for Disease Control recommends that you get shots for Hepatitis A and Typhoid. Additionally, they advise the following; *Make sure you are up-to-date on routine vaccines before any trip abroad. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.*

Do volunteers ever get sick or injured? If so, what happens? Fortunately, we have not had any major injuries or illnesses over the past five years, but we are prepared in the case of an emergency. The most common health issues we face which are diarrhea and dehydration. In the event of a serious or life-threatening injury we would notify the US Embassy and immediately take the volunteer to University of the West Indies Hospital. We the US Embassy's list of recommended medical practitioners in the event that a volunteer had any dental, specialist or pharmaceutical needs during their LVC experience. We purchase emergency health insurance that would enable us to fly a volunteer home in the event of a major health emergency.

How do we travel when we are on the ground? We travel in private, insured coaster buses and vans throughout the experience.

Contacts and communication on the ground in Jamaica:

Arrival & communication with your family: When you arrive in Jamaica, you will walk off the plane and get in line to have your passport stamped. Then you will move to the baggage claim area. Once you get your bags, you will walk out the one and only exit for arrivals and will not be able to miss our JLVC staff. We will be there and let you share our cell phones to call home.

Internet: We have Wi Fi where we stay, so you will be able to communicate back home via the internet in the morning and at night.

Scroll down for more information...

Photos to demystify the Jamaica LVC Experience



Morning check in at lacrosse camp!



Visiting a home for the elderly.



Facing off in a youth lacrosse league game!



Removing paint after a service activity.



Doing our best in a community soccer match!



Making friends after a youth game.

Some of the schools we have had volunteers from:

Adrian College	Florida Atlantic University	Montclair HS	Somers High School
Alexander Dawson School	Florida State	Monticello High School	Southern New Hampshire
American University	Forest Hills Eastern	Mount Saint Mary's Univ.	St. Louis Priory
Annapolis High School	Fredericksburg Academy	US Naval Academy	Stanford
Aquinas College	Georgetown	Neuqua Valley HS	Stony Brook
Archbishop Spalding	Georgetown Visitation	Newtown HS	SUNY Oswego
Arizona State University	Gettysburg College	North Haven HS	Temple University
Chevy Chase High School	Gill St. Bernard's	North Hunterdon HS	Catholic University
Binghamton University	Greenwich Academy	Northwestern University	The Steward School
Bishop Feehan HS	Greenwich High School	Novato High	The Steward School
Blessed Trinity HS	Guilford College	Nyack College	Towson University
Boston College	Haddonfield High School	NYU	Trinity College
Boy's Latin	Hamilton Wenham	Oakdale HS	Union College
Brophy Prep	Hillcrest High School	Ohio State	United States Air Force
Bucknell University	Hinsdale Central HS	Oregon St.	University High School
C of Charleston	Hobart	Owings Mills High School	University of Cincinnati
Caldwell University	Hong Kong IS	Pembroke Hill School	University of Colorado
California Polytechnic	Indiana University of PA	Post University	University of Delaware
Canterbury School	Indiana	Princeton High School	University of Idaho
Central Valley High School	Islip High School	Princeton University	University of Michigan
Charlotte Country Day	Johns Hopkins University	Proctor Academy	University of Notre Dame
Charlotte Latin School	Jordan-Elbridge	Radnor HS	University of Richmond
Christian Brothers Academy	Kent Denver School	Randolph Macon College	University of Scranton
Claremont McKenna	Kent School	RHAM HS	University of Virginia
Seton LaSalle HS	La Costa Canyon	Ridgewood HS	Upper Merion High School
Colgate University	Lake Washington HS	Roanoke College	Vanderbilt University
Collegiate School	Landon School	Roaring Fork High School	Virginia Episcopal School
Columbia University	Linganore HS	Robinson HS	Virginia Tech
Cornell University	LIU Post	Rumson - Fair Haven HS	Washington State University
Corvallis High School	Loyola Blakefield	Rutgers University	West Chester University
Darien High School	Loyola Marymount	Saint Johns College HS	West Linn HS
Denver University	Loyola University	Salmon River	Western Connecticut
Detroit Country Day School	Mahtomedi High School	Seton LaSalle High School	Westfield High School
Dominican University	Marblehead	Shawnee High School	Westminster High School
Duxbury High School	U of Maryland	Shawnee Mission East	Wheaton
Eagle Valley HS	Marywood University	Shepherd University	Williston Northampton
East Carolina University	Misericordia University	Simmons College	Wilton High School
Episcopal School	Mitchell College	Simon Fraser University	Wisconsin
Farmington High School	Monroe Township HS	Smith College	

General Itinerary:

DAY 1: Travel & Arrival Day

- 07:00 Approximate arrival time of volunteers in Jamaica. You will be greeted by our staff as soon as you walk out of the airport in Kingston. You can't miss us when you walk out of the airport (there is just one possible door for you to walk out of, and we will be there to meet you!)
- 08:30 Dinner at St. George's College (This is where we stay & where we run our high school camp. We stay in a retreat center with boarding rooms on campus. St. George's is one of the top schools in Jamaica).
- 09:15 Orientation Meeting
- 10:00 Organize donation bags
- 11:30 Lights Out

DAY 2

- 08:00 Wake-Up Call, breakfast
- 08:30 Meeting to briefly finish organizing donation bags
- 09:30 Depart for Jamnesia, 8 Miles Bull Bay
 - Service activities include:
 - Meeting with the Wilmont Family- Billy 'Mystic' Wilmont, lead singer of Mystic Revelers, and meet some of the best surfers in Jamaica
 - Deliver care packages, assist in rebuilding of Jamnesia
- 07:00 Dinner & reflections
- 10:30 Lights Out

DAY 3

- 07:30 Wake-Up Call, breakfast
- 09:00 Help set up for the High School Camp
- 10:00 Active coaching and playing during camp
- 01:00 Camp session ends, assist with clean-up
- 01:15 Regroup at the dorm, have lunch & prepare for afternoon activity
- 02:00 Depart for Waves Beach. Learn about the real Pirates of the Caribbean history that invaded Port Royal & how Jamaica fit into the history of western European trade and development in the New World.)
- 07:30 Dinner & reflections
- 10:00 Lights Out

DAY 4

- 07:30 Wake-Up Call, breakfast
- 09:00 Help set up for the High School Camp
- 10:00 Active coaching and playing during camp
- 01:00 Camp session ends, assist with clean-up
- 01:30 Regroup at the dorm, have lunch & prepare for afternoon activity
- 02:00 Depart for Devon House (Known for having the BEST Ice Cream in Jamaica!)
- 03:30 Depart for Craft Market
- 07:30 Dinner & reflections
- 10:00 Lights Out

DAY 5

- 08:00 Wake-Up Call, breakfast
- 08:30 Help set up for the High School Camp
- 10:00 Active coaching and playing during camp
- 01:00 Camp session ends, assist with clean-up
- 01:15 Regroup at the dorm, have lunch & prepare to depart for afternoon service activity
- 02:00 Depart for Service Activity at Maxfield Children's Home
- 07:30 Dinner & reflections
- 10:00 Lights Out

DAY 6

- 07:30 Wake-Up Call, breakfast
- 08:30 Set-Up for Jamaica Friendship Games
- 10:00 Start of Jamaica Friendship Games
- 01:30 Regroup at the dorms & pack your bags to set aside outfit for the morning
- 02:30 Depart for afternoon activities
- 03:30 Surfing lessons, Jamaican Style Jerk BBQ Cookout
- 06:30 Group reflections
- 12:30 Lights Out

DAY 7: Departure Day

- 05:30 Wake-Up Call, breakfast
- 06:00 Depart for the Airport

****Camp Dates: June 30 – July 6, July 7 – 13, July 14 – 20, July 21 – 27, July 28 – August 2****

Packing List:

Generally speaking, pack like you are going to an overnight lacrosse camp for one full week.

- Buy a whistle to use at lacrosse camp. You can purchase whistles in the sports section at Walmart.
- Granola bars/energy snacks (All your meals are covered in the cost of the experience, but It is always good to have an extra Cliff bar or something similar in your backpack if you get hungry in between meals)
- Gatorade drink powder mix
- 6 Pairs of Athletic/Lacrosse Shorts & two pairs of casual shorts
- 1 bathing suit & swim towel
- 1 lightweight hoodie to keep you warm in the evenings. 1 thin water repellent coat.
- 1 pair of Lightweight khaki / nylon pants (Patagonia / North Face type or lightweight cotton khakis or capri pants)
- 7-10 T-Shirts (Try to bring some old ones that you don't mind leaving behind)
- 7-10 pairs of underwear
- Bring 1 pair of running sneakers, 1 pair of sandals, 10 pairs of socks, bringing cleats to play in is optional. If you bring cleats to wear, and you have two pairs at home, definitely bring your old pair, and consider donating the old pair to a Jamaican lacrosse player at the end of your trip!
- Girls should avoid wearing make-up while on the trip

- Medication/prescriptions used regularly, be sure that these are in the original prescription that has your name and your doctor's info etc. (In an emergency, most prescriptions can be acquired at Pharmacies in Kingston.)
- Eye drops and eyewash if you have contacts
- Travel sickness medicine (if you are prone to motion sickness)
- Toiletries (Travel size if possible): sunscreen, band-aids, deodorant, soap, shampoo, toothpaste, toothbrush, tampons
- A personal, travel size first-aid kit (you can find this in most pharmacies or at a Walmart type of store).
- Mosquito repellents containing DEET, picaridin, oil of lemon eucalyptus (OLE, also called para-menthane-diol [PMD]), or IR3535. You can find this in the camping section at Walmart.
- Hand wipes and/or antibacterial hand wash
- Backpack
- Water Bottle (Reusable Nalgene or Gatorade Bottle)
- 1 lightweight towel for the shower, & 1 beach towel
- Extra pair of glasses/contacts if you wear them
- Sunglasses, hat, or visor
- Optional items for the beach; swimming goggles & a snorkel, soccer ball, frisbee, etc.

****Outside of some of the more valuable and nicer clothes you pack, please consider leaving some of these items in Jamaica at the end of your trip; shorts, t-shirts, towel, left over toiletries, old sneakers, socks, etc.***

Electronics:

- You can bring a camera but must observe our media policy (See social behavior policy).
- Most volunteers do bring their smart phones to take pictures, listen to music and to use the internet when we have access to Wi-Fi.
- Do not bring a laptop unless you plan on doing serious high-level photography and need to use your laptop for writing or file storage.

Donations:

In addition to bringing personal clothes and necessities for the LVC experience, volunteers are also encouraged to pack donation items. Volunteers are encouraged to run used equipment and stick drives within their teams and local lacrosse communities. Here is a list of some suggested items:

- Men's & Women's sticks. If you are packing a lot of sticks, unscrew the heads prior to packing as it helps you save space.
- Lacrosse Balls
- Men's equipment: Helmets & gloves are the main priority, then elbow pads and shoulder pads
- Lacrosse gear/clothing you would like to donate
- Cleats/Children's Shoes/Sneakers
- Stick kit items (Athletic tape, old mesh pockets, sidewall string, etc.)
- Yellow Flags for Officials and Whistles
- Lacrosse DVDs and Game film (Men's and Women's.)
- Lacrosse Rule Books

- Lacrosse Magazines and books (ex. US Lacrosse Magazines)
- Children's books
- Office & School Supplies
- Jolly Ranchers (they are small and individually wrapped which makes them easy to hand out to children)
- Basic First Aid Supplies
- Deflated soccer balls, basketballs, volleyballs, rugby balls, frisbees

What now?

If you would like to join the Jamaica Lacrosse Volunteer Corps, you will need to sign up online via the registration link at:

<https://docs.google.com/forms/d/e/1FAIpQLSfm8vesh-8yupXTZb2ZoV6S3nCRzYIDo1K8R2JwZe5K-1NhA/viewform>

Additional Questions of Concerns?

Do not hesitate to email us with any follow up questions at: jamaicalacrosse@gmail.com

“Sport has the power to change the world. It has the power to unite in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where once there was only despair. It is more powerful than governments in breaking down racial barriers. It laughs in the face of all types of discrimination.” – Nelson Mandela

