



**North Carolina Association of Student Councils**  
**Middle Level Workshop**  
September 28-29, 2019

Students and Advisers attending the 2019 NCASC Middle Level Workshop:

Here are some final details you should be aware of as the workshop gets closer.

1. Medical forms are available to be downloaded from the NCASC website. You should download the form, fill in the information, print the form, and obtain the necessary signatures. Every registered delegate must have a medical form in order to participate in the workshop. Advisors should present the medical forms for confirmation at the registration desk the morning workshop begins.

For medical forms go online: [www.ncasc.us](http://www.ncasc.us)

2. We ask that if you find it necessary to substitute, you do so by substituting a male delegate for a male delegate and a female delegate for a female delegate. Housing has already been assigned and it is limited! We cannot substitute delegates otherwise.

3. Your delegates are reminded to bring the following:
- Note-taking materials (workshop folder will be provided)
  - Twin bed linens or sleeping bag
  - Pillow
  - Towels
  - Toiletries
  - A pair of “kick around in shoes”

Clothing should be casual and comfortable. The temperatures for the workshop are anybody’s guess. Try to come prepared for both warm and cool temperatures. Remember it could rain! Delegates and Advisors will be staying in cabins. Meals will be served family style beginning with Saturday lunch and ending with Sunday breakfast.

4. What Not to bring:

- \*Cell Phones (distracting) and reception at BJP is poor.
- \*Food and Snacks (attracts varmints) and we will provide all that is needed
- \*Earphones/earbuds... we want you to be aware of others and what is happening, not just in your own personal world

5. If you plan to arrive on Friday because a staff member is coming with you or because of travel distances, please note that no meals are served at camp on Friday night; therefore, you should plan to eat before you arrive. Also, there are no activities planned for Friday night. Advisors who come with early delegates should plan to supervise them. Lights out for early arriving delegates on Friday will be 10:00.

6. Staff members should be at the camp ready to begin the staff meeting at 7:00 pm on Friday evening. Breakfast on Saturday morning will be served to all delegates/staff who arrive on Friday.

Registration for Delegates will begin at 9:00 on Saturday morning The First General Session will begin At 10:00 A map to the camp can be found on our website. We are looking forward to seeing you at the workshop. If you have any questions concerning the workshop, please call.

Sincerely,

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Copies of this information should be made available to all registered advisors and delegates.