

CAMP PHILOSOPHY

The primary objective of the Camp is to help youth players:

- Strengthen their individual skills
- Participate in team play and drills
- Learn from experienced coaches and counselors
- Prepare for the next level of play and most importantly ...
- HAVE FUN!

CAMP REGISTRATION

Cost: \$90 per Camper if received by June 1st
\$95 if received after June 1st.

Family discount: \$10 discount per add'l
Sibling

Please make your check payable to MHS Lacrosse. *Send completed application to:*

MHS Lacrosse
2223 Waller House Court
Frederick, MD 21702

QUESTIONS?

For more information please contact
John Gallaway;
Email: jwgallaway@comcast.net
Phone: 301-371-4746 evenings

CAMP FEATURES

- Instruction from an experienced and enthusiastic camp staff that will share their knowledge of and appreciation for the sport of Lacrosse
- Individual fundamentals and team instruction with an emphasis on:
 - Passing/catching
 - Ground balls
 - Dodging and Shooting
 - Position play (Att/Mid/Def/Goalie)
 - Clearing and Riding
 - Face-offs
 - Team offense/defense
 - Game rules
- Scrimmage games daily
- Each camper gets a reversible Jersey
- Fresh Oranges and Ice Pops at breaks
- Prizes awarded for skills competitions, most improved and most outstanding camper in each age group.

Campers will be divided into 3 age groups:

- Grades 6 thru 8 (Division I)
- Grades 3 thru 5 (Division II)
- Grades K thru 2 (Division III)

Campers must provide their own equipment: including helmet, shoulder and arm pads, gloves, stick, mouthguard and athletic supporter/cup.

All proceeds from the camp will go to MHS Sports Boosters in support of the Middletown High School Boys Lacrosse program.

CAMP APPLICATION

Camper Name: _____

Street: _____

City: _____

State: _____ Zip: _____

Phone: _____

E-mail address: _____

Grade (currently in): _____

Reversible Jersey (circle): S/M or L/XL

PARENTAL PERMISSION

The medical insurance provided by MHS Sports Camps is in the form of a secondary coverage policy. This means that only those medical charges NOT covered by the family medical insurance will be covered by the camp policy.

I authorize the adult camp staff to act for me according to their best judgment in a situation requiring medical attention for my child.

Signature: _____

Date: _____

Emergency Phone: _____

Medical Concerns: _____

CAMP STAFF

Middletown High School Boys Varsity Lacrosse Head Coach Todd Hawkins will direct the camp. Additional camp staff includes MHS Boys Lacrosse Coaches John Gallaway, Craig Hammond, Roger Jackson, Dylan Lee and MVAA Boys Lacrosse Coordinator/Coach Mike Hallman. Current college and high school players will serve as counselors. Great Atlantic Lacrosse Company, Laxworld and STX will again sponsor the camp for the 5th year in row.

Staff represent Lacrosse playing/coaching experience from the following Universities:

Alfred, Cornell, Gettysburg, North Carolina, Penn State, Robert Morris, Salisbury, Syracuse, and Villanova

TYPICAL CAMP DAY

8:00 - 8:15	Stretch/Warm Up
8:15 - 9:00	Individual Skills Stations
9:00 - 9:45	Offense/Defense Drills
9:45 - 10:00	Break
10:00 - 10:30	Team Play and Strategy
10:30 - 11:45	Scrimmages
11:45 - 12:00	Cool Down, Team Talk

5TH ANNUAL MIDDLETOWN LACROSSE CAMP

For Boys currently in grades K-8



**Sponsored by the Middletown
High Sports Boosters**

Middletown Middle School

**June 23rd - 26th, 2009
Tuesday - Friday
8:00 AM - 12:00 PM**