



# CAPITALLAND LACROSSE

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GARY WEISS

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## GIRLS LACROSSE CAMPS 2008

Name \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Date of birth \_\_\_\_\_ Age \_\_\_\_\_ Phone # \_\_\_\_\_ Emergency # \_\_\_\_\_ Are you new to CLL? Yes / No

Last level of experience \_\_\_\_\_ Grade level \_\_\_\_\_ School Name \_\_\_\_\_ Position \_\_\_\_\_

If you are not on our E-mail list, please place it here so we can let you know of future events quicker \_\_\_\_\_

The Capital Land Lacrosse Club is running four lacrosse camps this summer for girls. In each camp, players will be divided into groups based on their age and skill level. They will be given quality instructions that will include stick handling, catching, passing, cradling, offensive tactics & techniques, defensive tactics & techniques, team concepts, goal keeping skills, full field games, as well as, field evaluations & coach's recommendations. Please read the descriptions below for each camp's skill level. All camps will be held at the Clifton Commons in Clifton Park. Register by mail early to ensure your spot. We will be accepting applications 1/2 hour prior to each scheduled session as long as spots are available. Equipment is available to rent for a small fee at each camp.

### ADVANCED SKILLS CAMP

#### CAMP DIRECTOR: COACH MARYLOU VOSBURGH

Former SUNY Albany Women's Lacrosse Coach  
Former Bethlehem HS Varsity Lacrosse

#### CAMP ASSISTANT DIRECTOR: JEN KISH

Girls head varsity lacrosse coach at  
Holy Names Academy

**Advanced Skills Camp - July 14<sup>th</sup>-18<sup>n</sup>, from 9 am to Noon.** This camp is for novice, intermediate and advanced skill level girls who want to continue to learn the game of lacrosse the right way. Our **novice skill level is for girls** who need to sharpen their basic skills while being introduced to more advanced techniques that they will need in order to make their school's modified and freshman teams. Our **intermediate skill level is for girls** who want to refine their skills while being introduced to more advanced techniques that they will need in order to make their school's JV and Varsity teams. Our **advanced skill level is for those girls** who have been playing lacrosse for a while and have a good deal of lacrosse skill. This camp will teach the girls more advanced skills they will need to compete for the starting position on their high school's varsity or college teams. Please enroll by selecting the appropriate check box below. The fee for each camp is \$125. ALL CHECKS ARE TO BE MADE OUT TO THE - TOWN OF CLIFTON PARK. A \$30 non-refundable deposit is included in the camp fee. A younger player with advanced skill can play up to the next grade level.

\_\_\_\_\_ **NOVICE SKILL LEVEL (MODIFIED/FRESHMAN)** \_\_\_\_\_ **ADVANCED SKILL LEVEL (VARSITY)**

\_\_\_\_\_ **INTERMEDATE SKILL LEVEL (JUNIOR VARSITY)**

### ADDITIONAL BEGINNER AND NOVICE CAMPS

#### CAMP DIRECTOR: JEN KISH

Girls head varsity lacrosse coach at  
Holy Names Academy

The following camps are for girls in grades 4-11 who are **novice or beginning lacrosse players** who need to sharpen their basic skills while being introduced to more advanced techniques that they will need in order to make their school's modified, freshman or junior varsity teams. Please enroll by selecting the appropriate check box below. The fee for each camp is \$125 except camp #4 - July 28 - August 1 - the fee is \$95. ALL CHECKS ARE TO BE MADE OUT TO THE - TOWN OF CLIFTON PARK. A \$30 non-refundable deposit is included in the camp fee.

\_\_\_\_\_ **Camp 1: 7/7-11, 9am to Noon** \_\_\_\_\_ **Camp 2: 7/14-18, 9am to Noon** \_\_\_\_\_ **Camp 3: 7/21-25, 9am to Noon** \_\_\_\_\_ **Camp 4: 7/28-8/1, 6 to 8 pm**

### CO-ED K-5 STICK ONLY NON-CONTACT LEVEL

All four of the following camp dates have this level included. This level is for beginners who want to learn the right way to play lacrosse in a fun environment. We will teach the players how to pass, catch, cradle, shoot and how to have fun while playing a real lacrosse game. No contact is allowed and we will be using a nerf like ball. The fee for each camp is \$125 except camp #4 - July 28 - August 1 - the fee is \$95. ALL CHECKS ARE TO BE MADE OUT TO THE - TOWN OF CLIFTON PARK. A \$30 non-refundable deposit is included in the camp fee.

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