

LADY BEARS LACROSSE CAMPS

Welcome to the *LADY BEARS LACROSSE CAMPS!* We are committed to providing a strong, sound, & fun lacrosse experience based on the fundamentals and mechanics of the women's game. Our camp will focus on drills that build and strengthen players at all levels. There will be a strong emphasis on stick work, offense and defense concepts, and team drills to help elevate the player's game.

Due to field space and staffing, each camp will have a maximum number of players. . .so please register early!

Please direct any questions, comments, or concerns to Coach Gallapoo:
ggallapo@columbus.rr.com



Directors

Kim Rocheleau—Head Coach UAHS
Wendy Pinta Gallapoo—Hastings

The Lady Bears Lacrosse Camp directors have over 30 years of coaching experience. Coach Gallapoo & Coach Rocheleau will be assisted by additional UA coaches, current UAHS players, and college players.

*(Lady Bears Lacrosse Camps is an affiliate of the
Midwestern Force Lacrosse Club)*

Camps and Dates

Camps are designed for instruction by **current '09-'10** grade levels. Please follow your grade level and do not register at a higher level. Early Bird registrants (before 3/31/10) receive a \$10 discount. Family enrollment (>1 participant per family) receives \$20 discount off total price of camp(s). A limited amount of "loaner" equipment is available. Please let us know if you need equipment.

Raindates are June 24th & July 9th.

Little Cranksters (K-2nd)

- Monday, June 21st-Wednesday, June 23rd
- Tremont Fields 6:00-8:00 pm
- \$70.00 per camper
- This camp will be entirely non-contact. A softer ball will be used. The camp is loaded with fun drills for the beginner. Protective equipment is not required. Campers must have a stick and water bottle.

Bear Cubs (3rd & 4th)

- Monday, June 21st-Wednesday, June 23rd
- Tremont Fields 6:00-8:00 pm
- \$70.00 per camper
- This camp will build on the fundamentals of the game. We will focus on skills and drills, but also have a lot of fun! Don't worry if you are new to the game, the camp is designed to meet the needs of players at all skill levels. Campers will need a stick, mouth guard, goggles, and a water bottle.

Middle Bears (5th-7th)

- Tuesday, July 6th-Thursday, July 8th
- Tremont Fields 9:00-11:30 am
- \$85.00 per camper
- This camp will build on the fundamentals used at the middle school level. Campers need their own stick, goggles, mouth guard, and water bottle.

Lady Bears Training Camp (8th-11th)

- Tuesday, July 6th - Friday, July 9th
- UAHS Stadium Field 6:00-9:00 pm
- \$135.00 per camper
- This camp will focus on the skills needed to play competitively at the high school level. A main focus of the camp is mastery of the skills needed at particular positions. Campers will need their own stick, goggles, mouth guard, and water bottle. (Gloves are recommended).

Registration due by Friday, June 4th

Camp Application

To enroll, fill in all required information on BOTH pages of this application and return with a check for the full amount. Early Bird registrations must be received by March 31st. No refunds can be made after registration has been received. Make checks payable to "**Lady Bears Lacrosse Camp**" and **write the name of the camper in the memo of the check.** Mail to Lady Bears Lacrosse Camps, P. O. Box 20794 Columbus, OH 43220. Parent or Guardian must sign and initial as indicated on the form before registration is complete. You will receive a confirmation email. **Please complete one registration form per player.**

Camper Name (Last, First)

Address

City, State, Zip

Home Phone

Emergency Phone

Cell Phone(s)

Current '09/'10 grade

Camp Name

Current Position

Shirt Size (specify Youth/Adult)

Parent(s)/Guardian(s) Name (Last, First)

Insurance Company

Policy Number

Email Address (Please print carefully ☺)

Check Amount

Check Number

Insurance & Waiver Form

Please Print Participant's Name (Last, First)

Please Print Guardian's Name (Last, First)

Emergency Medical Treatment Authorization

I (we) being the legal guardian(s) of the participant, authorize the Lady Bears Lacrosse Camps, its staff, directors, or agents to request medical treatment as may be deemed reasonable by the Lady Bears Lacrosse Camp to insure the well being of the Participant. I (we) have attached a written statement detailing all physical limitations, medications, allergies and/or medical conditions that be required and helpful in providing medical attention for the Participant.

_____The Participant has had a satisfactory physical within the last year (initial).

_____The Participant has permission to participate in the Lady Bears Lacrosse Camp (initial).

Signature of Guardian(s)

Waiver and Release

I (we) the undersigned, for ourselves, our heirs, executors, and administrators; waive, release, hold, harmless, indemnify, and forever discharge the Lady Bears Lacrosse Camps, its staff, directors, agents, representatives, employees, successors, and assigns from, any and all liability, claims, judgments, demands or damages arising out or in connections with bodily injuries, sustained by the participating during her participation in the Lady Bears Lacrosse Camps regardless of the nature or cause of such injuries.

By signing below, I (we) certify that the Participant is physically fit and capable of playing lacrosse; and, that I (we) have full and absolute authority to grant permission on behalf of the Participant. I (we) also understand that the Lady Bears Lacrosse Camp is not a function of the Upper Arlington City Schools.

Signature(s) of Guardian(s)

THE LADY LACROSSE BEARS



**Head Coach UAHS
Kim Rocheleau**



**Head Coach Hastings
Wendy Pinta Gallapoo**



THE LADY BEARS LACROSSE CAMPS



www.ualacrosse.org

<http://www.uagoldenbears.com/Camps.htm>

*This activity is not sponsored by the Upper
Arlington City School District*