

CAMP DIRECTORS

Heather McClelland is in her fifth year as head coach of the Camels. Prior to arriving at Conn College, McClelland was the head coach at the University of New Haven for one year and served as an assistant coach at Wesleyan University. McClelland has directed and coached at various camps along the east coast, including Princeton Elite, The Lacrosse School and multiple Warrior camps. As a player, McClelland enjoyed a highly successful career at Lafayette College. She was an explosive offensive player who earned Rookie of the Year honors, and in back to back seasons was named Patriot League Offensive Player of the Year.

Mary-Kate Geratowski is a 2008 graduate of Elmira College, enters her first season as the assistant women's lacrosse coach at Connecticut College. Geratowski was a two-sport athlete at Elmira playing both lacrosse and ice hockey. After graduating from Elmira with a degree in English Literature and Secondary Education, Geratowski spent a year coaching and playing in England. She was the head lacrosse coach at the Princess Helena College where she was in charge of all four school teams. Geratowski has also worked with Bounce and Nor'easter Lacrosse on the club level.

Our staff will consist of Connecticut College players, as well as coaches and players from other collegiate programs. Training staff will be on site for each session.

THE PROGRAM

Connecticut College Girls Lacrosse Camp is a teaching camp where girls of all ages can learn new skills, compete in fun games, and grow as lacrosse players and athletes. Players will be placed in groups based on age and skill level. This is a great opportunity for players to receive individual attention in a positive atmosphere and work with a great coaching staff of collegiate coaches and players.

FACILITIES

The Connecticut College campus offers a safe and controlled environment for campers. Players will have access to the following:

- Silfen Turf Field
- Temple Green grass fields
- Lott Natatorium (pool)
- Dayton Ice Arena (indoor lax)
- Fitness & Wellness Center
- Charles B. Luce Fieldhouse
- Meeting room (video)
- Training Room

EQUIPMENT

Each player is responsible for bringing her own stick, goggles, mouth guard, cleats / sneakers and water bottle. Goalies must provide their own appropriate protective gear.

CAMP STORE/LUNCH

Each day campers will have the choice to bring their own bagged lunch or purchase lunch from the camp store. Pizza will be available, as well as and snack type items, including soda, juice, water, candy and chips. (We will refrigerate bagged lunches)

DAILY SCHEDULE:

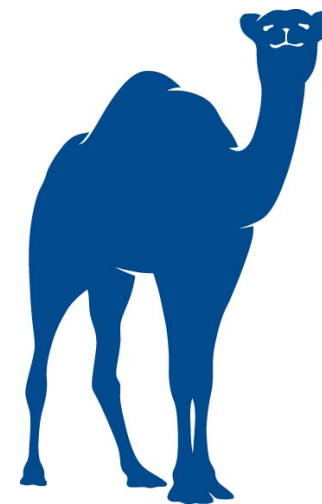
Girls will be placed in groups based on age and skill level. These groups rotate to different stations throughout the day. A typical day at camp....

9-11 am	Drop off/Morning session
11-12pm	Instructional video/Pool
12-1pm	Lunch
1-2pm	Cross-training/Stick skills
2-4pm	Afternoon session/Pick-up

***Camp Ends at 12:00pm on Friday, August 6th**

SWIMMING

There will be a recreational swim session each day supervised by certified life guards. This is for **SWIMMERS ONLY**. Each camper must provide her own bathing suit and towel.



APPLICATION

(Please fill out a separate application for each camper)
Please check appropriate box indicating the amount you have enclosed with your application. PLEASE PRINT.

One week cost \$225 _____
Deposit \$125 _____
CC Staff or 2+ in family @ \$200 each _____

Name _____

Street _____

City _____ State _____ ZIP _____

Phone _____

Email(req'd) _____

Age _____ Yrs Played _____ Grade _____

School _____

Position(s) _____

How did you hear about camp?

INSURANCE

Health Insurance Co _____

Policy # _____

EMERGENCY MEDICAL SIGNATURE

Signing below indicates your agreement to allow the camp to provide emergency and routine medical care for your child. This is also a consent form that says you are aware of the inherent risks associated with a contact sport such as lacrosse. You also agree that your child will heed all rules and regulations of the camp or face dismissal without refund.

Parent/Guardian signature Date

COST

\$225 for the week. Discounts include \$200 per camper for 2 or more from same family and for Conn College faculty and staff families. Registration is open until July 26th, 2010. Early registration is recommended as spots are limited. DEPOSIT: A \$125 non-refundable deposit must accompany your application to ensure your spot at camp.

Make checks payable to:
CONNECTICUT COLLEGE LACROSSE

Please return application with deposit or full payment to:

Heather McClelland, Director
Connecticut College Women's Lacrosse
Luce Athletic Center
270 Mohegan Avenue
New London, CT 06320

Medical Waiver Form

A State medical form is available on the Connecticut College summer camp website and required for each camper to participate. *You do not need the state form if your proof of physical exam in the past 36 months is signed and dated by your physician.



**CONNECTICUT COLLEGE
GIRLS LACROSSE
DAY CAMP**



GIRLS GRADES 4TH – 12TH

AUGUST 2 – 6, 2010

Director: Heather McClelland

Connecticut College
Women's Lacrosse Coach

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