

CAMP DIRECTOR

Heather McClelland is in her sixth year as head coach of the Connecticut College women's lacrosse program. In her time with the Camels she has coached three All-NECAC players and seven All-Region players. Prior to arriving in New London, McClelland was the head coach at the University of New Haven and earned her master's degree while working with the lacrosse program at Wesleyan University. McClelland has directed the Connecticut College Day Camp for the past five summers, along with fall and winter clinic series throughout the academic year. She has coached and directed collegiate camps throughout her career, including Princeton Elite, Wesleyan Univ., Springfield College, and Elite 180.

ASSISTANT DIRECTOR

Jane Karger just completed her first year as an assistant coach for the Camels after spending two years at her alma mater, Mount St. Mary's in MD. Karger was an All-NEC selection and named captain in her senior year. She works primarily with the defense and goalkeepers.

STAFF

Camp staff will include coaches from various DI and DIII programs. Please contact us for an updated list of coaches as camp approaches!

*The remainder of our staff will consist of current Connecticut College players as well as players from other D1 and DIII programs.

*There will also be a Certified Athletic Trainer present at each session.

THE PROGRAM

This is a recruiting camp for girls entering grades 9-12 who are interested in playing collegiate lacrosse. Recent high school graduates looking for a competitive camp environment before entering college are also welcome.

Campers will receive excellent instruction from our staff of DI and DIII coaches and will have the opportunity to work and interact with current college players. Campers will be exposed to all facets of a college-level program, including practice sessions, fitness training specific to lacrosse, an introduction to strength training, video review and competitive games.

SCHEDULE

8am Breakfast
9-11am Morning Session
11am-noon Instructional Video/Pool
12pm Lunch
1-2pm Gym/Yoga Training Session
2-4pm Afternoon Session
4:45pm Dinner
6pm Night Session
9pm Pizza/College Talk
10pm Lights Out

Registration: Sunday at 3pm at dorm*

Check-out: Tuesday at 4pm at dorm*

*Signs will be posted at the main gate

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)
- Luce Field House
- Fitness & Wellness Center
- Yoga Studio
- Meeting Room/Video
- Training Room

WHAT TO BRING

All campers are responsible for bringing their own stick, goggles, mouth guard, t-shirts, shorts, cleats, sneakers, swimsuit and towel. Overnight campers should bring toiletries, linens, towel and fan. Goalies must provide their own appropriate protective gear.

DAY CAMPERS

With the exception of registration and check-out, day campers should be dropped off and picked up at Silfen Turf Field each day. Morning sessions will begin at 9am and evening sessions will end by 8pm.

CAMP STORE

Pizza, snacks and drinks will be available for purchase each night in the camp store. We will also have t-shirts and other Camel gear available for purchase.

APPLICATION

Name _____

Address _____

City _____

State _____ ZIP _____

Email _____

Phone _____ Position _____

Entering Grade _____ Age _____

Emergency Contact _____

Phone _____ Cell _____

Cost:

_____ Overnight Camper: \$450

_____ Day Camper: \$375

** Early Bird discount: Register before May 15 and take \$25 off registration cost! **

\$25.00 Refundable Key Deposit (separate check please)

\$150 Non-refundable Deposit due with registration.

_____ Balance due on or before June 26th

Make checks payable to:

“Connecticut College Lacrosse Camps”

*Confirmation of registration and camp information will be sent via email. Please provide email address with application for registration.

COST

Overnight Campers - \$450

Includes reversible tank, housing and all meals: breakfast, lunch and dinner.

·Refundable Room Key Deposit - \$25

Must be paid by separate check or cash at camp registration

Day Campers - \$375

Includes reversible tank, lunch and dinner

MEDICAL FORMS

A state of Connecticut medical form or proof of physical exam administered within the past 36 months, signed and dated by your physician, must be submitted to participate in camp. In addition, if consent is given by parent/guardian to “self-administer” prescription and non-prescription medication, the form “Administration of Medication” must be filled out and signed by a physician. Medications, both prescription and non-prescription, must be in the original container.

Medical forms are due by **June 20th **

Forms to accompany your registration form:

- **Youth Health Exam Form** (or current physical within past three years of camp dates)
- **Authorization for the Administration of Medication Form** (only if medication is taken at camp)

These can be found on the Connecticut College Summer Camps website or the Connecticut Department of Health website!

CONNECTICUT COLLEGE ELITE LACROSSE CAMP



GIRLS GRADES 9-12

JUNE 26-28, 2011

Director: Heather McClelland
Connecticut College
Head Coach, Women's Lacrosse
270 Mohegan Avenue
New London, CT 06320
860-439-2563 (p)
860-439-2516 (f)
hmcclell@conncoll.edu