



US Indoor Lacrosse  
P.O. Box 1097  
Haddonfield, NJ 08033

YOUR THE USA FUTURE

# 2010 USA Lacrosse Championship Camps



Jed Prossner

★  
**Camps**  
Located Nationwide  
NY ★ NJ ★ MA ★ PA ★ CT ★ VA ★ OH ★ FL  
Tel: 704.906.1777  
usindoorlacrosse.com

## USA LACROSSE CHAMPIONSHIP CAMPS

The USA Lacrosse camp will focus on mastery of skill sets and high repetition drills to improve the players performance. We will use our skills as instructors, combined with our years of lacrosse experience to deliver quality instruction that is relevant to a player's current skill / talent level. Teaching will include the highest level instruction and analysis from current USA coaches, players and pro players, college players and coaches. Campers will learn the Team USA philosophy and National program routines. Topics include throwing, catching and shooting mechanics, individual position skills, in-game situations and lacrosse specific fitness training. Campers will participate in daily scrimmages and practice sessions.

### REGISTRATION FEE

The registration fee for camp is \$395. The registration fee includes a Team USA reversible jersey, water bottle & lunch on the last day of camp

### WHAT TO BRING

Helmet, Mouthguard, Shoulder Pads, Rib Pads, Arm Guards, Gloves, Athletic Supporter, Stick, Cleats, Sneakers, Sunscreen & Lunch in a cooler or a bag (include campers name on outside)

### HOW TO REGISTER

Mail in Registration Form on the back with a check made payable to USIL Inc. or with your credit card information. You can visit [usindoorlacrosse.com](http://usindoorlacrosse.com), email [camp@usindoorlacrosse.com](mailto:camp@usindoorlacrosse.com) or call 704.906.1777



Matt Zash

## USA NEWS

**Breaking News:** Team USA Players & Pro Players to make daily appearances at USA Lacrosse Championship Camps across North America.

### Players to watch for:

Casey Powell	Ryan Boyle
Matt Alrich	Kyle Sweeney
Shawn Nadelen	Matt Zash
Anthony Kelly	John Christmas
Chris Schiller	Chris Panos
Kyle Fiat	Ryan Hoatling
Greg Downing	Pat Heim
Sean Morris	Bill McGlone
Joe Walters	& Many More

Team USA Coaches  
and National Program  
Coaches making  
Daily Appearances:

Kevin Finneran	Randy Fraser
Tom Ryan	Graham D'Alvia
Ryan Larkin	Adam Mueller
Bob Dillono	Dan Deckelbaum
Keevin Galbraith	& Many More

# FREE...

Each Camper receives a Full Year subscription to Inside lacrosse.



11 issues to your doorstep, including the highly publicized Recruiting Issue, Instructional Issue, NLL and MLL Issues.

## USA CAMP HIGHLIGHTS

- \* Elite Instruction from Pro Coaches, College Coaches, Pro Players and College Players from around the Country
- \* 8:1 on-field camper to instructor ratio
- \* Multilevel ability grouping
- \* Daily emphasis on fundamentals, position training and scrimmaging
- \* USA and STX daily prizes and weekly awards, including sportsmanship, outstanding player and most improved

## USA Lacrosse Championship Camps

Operated by US Indoor Lacrosse, LLC.

At the USA Lacrosse Championship Camps our goal is to enhance a love for the game by immersing you in the sport of Lacrosse and giving you the kind of focused, intensive training essential for your improvement. During your week at camp, your enthusiasm and self-confidence will grow along with your skills.

For additional details on any of our camp locations, please visit our website [www.usindoorlacrosse.com](http://www.usindoorlacrosse.com) or call 704.906.1777.

### SPECIAL DISCOUNTS AVAILABLE !

**Group Discount:** If five or more campers register together, as a group by mail or fax, each camper will receive a \$25 discount. Late or individual registrations are not eligible to receive the group discount. All applications must be received at the same time via mail or fax. If your group wants to pay by credit card, email or fax the applications with all CC info on the forms.

**Goalie Discount:** To ensure each session has enough goalies for all activities, all goalies will qualify for a special \$25 discount. When registering for camp, clearly indicate that you are a goalie.



## TEAM USA



**Keevin Galbriath**

### TYPICAL DAILY SCHEDULE

(Only an Example, Schedules Vary at Each Location)

- 9:00 Check-in (Roll Call)
- 9:05 Stretching - Dynamic
- 9:15 Drills & Stations
- 10:15 Position Work
- 12:00 Lunch & Camp Store Visit
- 12:50 Roll Call & Demonstrations
- 1:10 Stretching - Dynamic
- 1:20 1v1, 2v2, 3v3, Fast Breaks
- 2:00 Skill Contests, Camp Fun
- 2:15 Scrimmaging - Games
- 2:50 Camp discussion & Questions
- 3:00 Camper Departure

## USA CAMP LOCATION

### Easton, MA

July 19-23

Stonehill College

**Ages:** U9 - High School

**Time:** 9am - 3pm

**Cost:** \$395

**Instructors:** USA National Coaches, Players & Pro Players



### IT'S EASY TO ENROLL...

- \* Tel: 704.906.1777
- \* Fax: 704.973.9156
- \* Online: [usindoorlacrosse.com](http://usindoorlacrosse.com)
- \* Mail: P.O. Box 1097  
Haddonfield, NJ 08033

**PAYMENT TERMS:** Payments can be made by Visa / Mastercard / Discover or by personal check (via mail)

\$265 payment - Due at time of registration

- \* \$250 per session deposit
- \* \$15 per person non-refundable registration fee

The Camp Tuition balances are due as follows:

- \* June camps, balance is due on May 15
- \* July camps, balance is due on June 1
- \* August camps balance is due on July 1

**CANCELLATION POLICY:** Once registered, if you have to cancel for any reason, you will receive a camp "credit" for all Camp Tuition payments made, valid for 1 year, for any USA Championship Camp transferable to an immediate family member. In the unlikely event USIL cancels a USA Championship Camp session, a full refund for camp registration fees will be provided. Camper waives any and all damages that may otherwise arise out of any camp cancellation.

### PAST AND PRESENT INSTRUCTORS INCLUDE COACHES AND PLAYERS FROM:

USA Lacrosse National Teams  
National Lacrosse League  
Major Lacrosse League  
University of Delaware  
Syracuse University  
Johns Hopkins

Princeton University  
Susquehanna University  
Michigan State University  
Cornell University  
Denver University  
Manhattan College

Harvard University  
Bowdoin College  
Stonehill College  
UCLA  
Bucknell University  
Salisbury University

I hereby make application for admission to a 2010 USA Lacrosse Championship Camp

Camper Name: \_\_\_\_\_ Age: \_\_\_\_\_  
First Last

Mailing Address: \_\_\_\_\_ Grade: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Name of Parent / Guardian: \_\_\_\_\_

Person Paying Name: \_\_\_\_\_

Email: \_\_\_\_\_ Phone #: \_\_\_\_\_

Payment Type:  Visa  Mastercard  Discover  Check  Deposit (+\$15 Reg. Fee)  Full Payment (+\$15 Reg. Fee)

Credit Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Please charge remainder on balance due date  
 Check Here to Donate \$1.00 to the US Indoor Lacrosse National Program - Your Contribution Will Go Directly to The US National Team Program - Team USA..... Thank you for your Support !

By submitting this application to US Indoor Lacrosse / USA Championship Camps, I affirm that I have read and agree to the USIL cancellation policy and hereby accept the terms of enrollment described in this brochure. Furthermore, I agree to pay all camp fees and authorize USIL to charge my credit card (if applicable).

SIGNATURE \_\_\_\_\_

Easton, MA  
July 19-23  
Price \$ 395.00

**Position:** Attack Midfield Defense Goalie

Circle One

**T-Shirt Size:** S M L XL  
Circle One

**REGISTER ONLINE**

[WWW.USINDOORLACROSSE.COM](http://WWW.USINDOORLACROSSE.COM)

OR

**MAIL REGISTRATION WITH CHECK PAYABLE TO:**  
USA Lacrosse

Attn: Championship Camps

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