

**Central Maryland Lacrosse Camp
2008 Registration Form**

Camper Name: _____
Address: _____

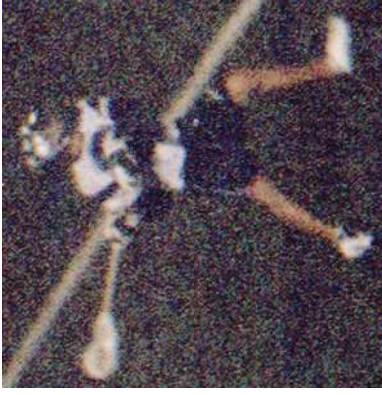
Telephone: _____
Emergency Phone # _____
Grade(Fall 2008) _____
Age: _____ Birthdate _____
Years Lacrosse Experience: _____
Position _____
Medical Insurance: _____
Policy Number: _____

I hereby agree to hold the Central Maryland Lacrosse Camp, Urbana Lacrosse, FCPS, its staff, participants and volunteers harmless due to any injuries received at the camp.

Signature of _____
Parent or _____
Guardian _____
Printed Name _____
Date _____

**Central Maryland Lacrosse Camp
3049 Green Valley Road
Ijamsville MD, 21754**

The Central Maryland Lacrosse Camp



**June 30th-July 3rd 2008
Urbana High School Campus
Urbana, MD**

*Boys Entering
Grades 1 through 9*

Sponsored in part by
MadLax & Cascade

Mission Statement

The mission of the annual Central Maryland Lacrosse Camp is to teach the fundamental skills of lacrosse to boys entering 1st through 9th grade. The camp will provide developmentally appropriate activities and opportunities for boys of all skill levels to experience success. The importance of education, displaying sportsmanship, and preserving the integrity of the game are a major focus of the camp. The CMLC also serves as a vehicle for the promotion and growth of the sport of lacrosse.

What Equipment is Needed?

Helmet, Shoulder pads, elbow/arm pads, lacrosse gloves, mouthguard, and lacrosse stick.

Camp Features!

- Fastest shot contest
- Giveaways and Prizes
- **CMLC** reversible practice jersey.
- Special guest appearances.

What is a Typical Camp Day Like?

- Warm up and Flexibility
- The Wall Drill
- Throwing and Catching Instruction
- Station Instruction
 - Dodging
 - Shooting
 - Ground balls
 - Faceoffs
- High-School/College Practice Activities
- 1-vs-1, 2-vs-1, 3-vs-2
- Games
- On Tuesday and Thursday, special speed and agility clinics will be conducted

Location: Urbana High School
3471 Campus Drive
Urbana, MD 21754

Session: June 30-July 3, 2008

Times: 8:00 AM to 12:00 PM

Attendees: Boys, Grades 1st-9th

Cost: \$110 per camper

Deadline: May 25th, 2008

Registrations after 5/25/08 will be accepted. A \$10.00 late fee will be assessed. Total payment due after 5/25/08 will be \$120.00

Coaches: The Camp Director is Coach Joe Conner, Head Coach, Urbana High School Varsity Boys Lacrosse. Coach Conner has over 20 years of coaching experience at the youth, high school and college level. Coach JP Eighmey, Asst. Varsity Coach, has over 8 years of coaching and playing experience. Both bring a wealth of knowledge about the game to the Central Maryland Lacrosse Camp. Coaches from traditional high school lacrosse powers and current NCAA players will support Coach Conner.

College Division I Assistants/Players:

Joseph Conner, Jr.-Asst. Coach Mt. St. Mary's (Division I Lacrosse)

Mike Rowse-Robert Morris(D-I Lacrosse)
Mike Murray- John Hopkins (D-I -2007 National Champions)

AJ Smith-Bellarmino (D-I Lacrosse)

Chris Lowe-McDaniel (D-III Lacrosse)

Matt Thomas-Towson (D-I Lacrosse)

Greg Anderson –UMass (D-I Lacrosse)

Checks Payable to:

Central Maryland Lacrosse Camp

Send Completed forms to:

Central Maryland Lacrosse Camp
3049 Green Valley Rd.
Ijamsville, MD 21754

For More Information, Call:

240-285-2912

