

**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 30<sup>th</sup> - July 3<sup>rd</sup> 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 1<sup>st</sup> through 9<sup>th</sup> 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 1<sup>st</sup>-9<sup>th</sup>

**Cost:** \$110 per camper

**Deadline:** May 25<sup>th</sup>, 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-Bellarmine (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

