

The Lancaster Country Day Cougars Girls Lacrosse program has partnered with Full Force Lacrosse in order to offer an instructional lacrosse camp for girls entering 1st through 12th grade. This camp is designed to provide each player with the best lacrosse instruction in a fun and positive learning environment.

Where:

Lancaster Country Day School

725 Hamilton Road

Lancaster, PA 17603

When:

Monday, June 27th – Thursday, June 30th

1st-5th Grade (Elementary) - 9:00-10:30am

6th-12th grade (Middle/High School) - 11:00-1:00pm

Cost:

\$75 for 1st-5th grade (Elementary)

\$100 for 6th-12th grade (Middle/High School)

The Elementary camp is specifically designed to teach and develop the fundamental skills of the game, throwing/catching, cradling, shooting, and ground balls in a fun and educational atmosphere. Girls will also learn about player positions and rules of the game.

The Middle/High School camp is designed for players of all ability levels. The camp will focus on individual skills, team concepts and full field play. Campers will be divided by age and skill level in order to provide the appropriate learning environment.

What to bring:

- Cleats/Sneakers
- Protective goggles
- Mouthpiece
- Girls Lacrosse stick
- Sunscreen
- Water bottle

Camp Director:

Claudia Ovchinnikoff

- Former Member of the United States Elite Women's Lacrosse Team
- Former Assistant Women's Lacrosse Coach at The University of North Carolina at Chapel Hill
- 4-year starter at Temple University
- NCAA Division I Offensive Player of the Year
- 3-time 1st Team All-American

Questions? Please contact Claudia Ovchinnikoff: claudio34@hotmail.com (717) 413-0777

Please indicate appropriate age group

Entering 1st - 5th grade

Entering 6th- 12th grade

Player's First Name: _____

Last Name: _____

Home Address: _____

City: _____ State: _____ Zip Code: _____

Parent/Guardian Name: _____

Parent/Guardian cell phone # _____

Parent/Guardian E-mail Address (Required) _____ (*Confirmations will be sent via e-mail)

School: _____ Age: _____ Yrs. Of Experience: _____ Grade entering Fall 2016 _____

Emergency Contact Name: _____ Emergency Contact Phone Number: _____

Waiver and Release statements;

I do hereby understand and acknowledge that there are risks associated with participating in various lacrosse activities, as well as the use of lacrosse equipment. I understand these inherent risks, such as:

- 1) Risk of injury from the activity, equipment, and other players participating in the sport of lacrosse.
- 2) Risk of equipment failure or malfunction of our own or other's equipment.
- 3) Risk of exposure to the outside elements such as heat stroke, sun exposure, insect bites, animal/reptile bites, and other outside risks.
- 4) Risk of fatigue, dizziness, or other health-related risks which may diminish reaction time and increase the chance of injury.

Initials: _____

I certify I will be responsible for providing the following equipment/items:

- 1) Proper lacrosse training equipment (lacrosse stick, proper footwear, etc.).
- 2) Proper sun screen/block to protect from sun burn.
- 3) Enough water or other drinks in order to maintain proper hydration.
- 4) Proper eye protection.

Initials: _____

Upon registering in the Full Force Lacrosse Camp hosted by Lancaster Country Day Girls Lacrosse, I assume all risks and attest that my daughter has had a medical examination performed by a doctor within the last year, and that my daughter has no condition that could limit her ability to participate in rigorous activities or cause injury to herself or others. I am aware that lacrosse is a contact sport and that there is a risk of injury while practicing, playing and competing, and have sign this agreement without any inducement. I agree to indemnify and hold harmless Full Force Lacrosse, LLC/Lancaster Country Day Girls Lacrosse and its staff, officers, and directors from liability resulting from any injuries, death, or disability incurred while participating in any event.

I have read and understand all three statements in this agreement.

Parent/Guardian Signature: _____

Date: _____