



# COUGARS BOYS LACROSSE CAMP

The Lancaster Country Day School/Lancaster Catholic/JP McCaskey (Cougars) Boys Lacrosse Program will be holding youth camps, offering boys in grades 3 – 8 with lacrosse instruction in a fun and positive learning environment.

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

The Middle School camp sessions are 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.

#### DATE

June 20-22, Grades 3 & 4  
 July 11-13, Grades 5 & 6  
 July 18-20, Grades 7 & 8

#### TIME

9 a.m. - 1 p.m. All Levels

#### CAMP DIRECTOR

Zach Lombardo

#### LOCATION

Lancaster Country Day School  
 725 Hamilton Road  
 Lancaster, PA 17603

#### COST

\$100 All Levels

#### WHAT TO BRING

- All Lacrosse Equipment  
Stick, gloves, elbow pads, protective cup, helmet, chest protector
- Cleats
- Mouthpiece
- Sunscreen
- Water Bottle

#### ABOUT ZACH

- Cougar Lacrosse Boys Varsity Head Coach (2016-Present)
- Chaos Lacrosse Coach (High School/ U15/ U13)
- West York Middle School Coach (2012-2015)

*Questions?*

Zach Lombardo  
 CoachZLum@gmail.com | 717-779-7929

## COUGARS BOYS LACROSSE CAMP

Please indicate appropriate age group

- Entering grades 3 & 4    Entering grades 5 & 6    Entering grades 7 & 8

Player's First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Parent/Guardian Phone \_\_\_\_\_

Parent/Guardian E-mail\* (Required) \_\_\_\_\_

School \_\_\_\_\_

Age \_\_\_\_\_ Years of Experience \_\_\_\_\_ Grade entering Fall 2016 \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Amount Enclosed \$ \_\_\_\_\_ Check # \_\_\_\_\_

*Make Checks Payable to:  
 Lancaster Country Day School*

Credit Card    Visa    MC    Amex    Discover

Card # \_\_\_\_\_ Expiration \_\_\_\_\_

Signature \_\_\_\_\_

### 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. |
|--|--|--|

Initials \_\_\_\_\_

Upon registering in the 2016 Cougar Boys Lacrosse camp hosted by Lancaster Country Day Boys Lacrosse, I assume all risks and attest that my son has had a medical examination performed by a doctor within the last year, and that my son has no condition that could limit his 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 Lancaster Country Day Boys 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 \_\_\_\_\_

*\*Confirmations will be sent via e-mail.*



LANCASTER COUNTRY DAY SCHOOL

WWW.LANCASTERCOUNTRYDAY.ORG