



INSTRUCTIONAL LACROSSE CAMP *for* GIRLS

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.

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.

DATE
June 27-30, 2016

TIMES
Grades 1-5, 9-10:30 a.m.
Grades 6-12, 11 a.m.-1 p.m.

CAMP DIRECTOR
Claudia Ovchinnikoff

LOCATION
Lancaster Country Day School
725 Hamilton Road
Lancaster, PA 17603

COST
\$75 Grades 1-5 (Elementary)
\$100 Grades 6-12 (Middle/High School)

WHAT TO BRING

- Cleats/Sneakers
- Protective Goggles
- Mouthpiece
- Girls Lacrosse stick
- Sunscreen
- Water Bottle

ABOUT CLAUDIA

- 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?

Claudia Ovchinnikoff
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INSTRUCTIONAL LACROSSE CAMP *for* GIRLS

Please indicate appropriate age group Entering grades 1-5 Entering grades 6-12

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 _____

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

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 _____



LANCASTER COUNTRY DAY SCHOOL

WWW.LANCASTERCOUNTRYDAY.ORG