

More About the Camps

2015 Navy Girls Lacrosse Camp

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Navy Women's Lacrosse Camps are designed to teach and develop the fundamental skills of the game, as well as team concepts in a fun, educational and confidence building environment. It is a chance to learn sportsmanship, leadership and teamwork. It is also a great opportunity to meet other young lacrosse players and experience different coaching techniques from some of the best coaches in the nation.

Important Information:

Registration: Online registration is available at www.NavySports.com. Click on the Camps link or mail attached application and payment in FULL to the Naval Academy Athletic Association. Payment by credit card is accepted ONLINE ONLY.

Confirmation: Once we receive your registration information, you will receive a confirmation packet via email containing detailed information for camp.

Medical Care: All campers must have their own accident and health insurance. A certified athletic trainer will be available 24 hours a day.

Lodging: Overnight campers stay in the largest dormitory in the United States - Bancroft Hall - which is AIR CONDITIONED! Campers will eat breakfast, lunch and dinner in King Hall, which hosts all 4,400 Midshipmen at once.

Facilities: For the Open Camp and Elite Clinic, we will be using our turf and grass facility on Farragut Field as well as our indoor turf facility in Halsey Field House. The Youth Day Clinic will be run at Navy-Marine Corps Memorial Stadium.



GO NAVY

For more information or questions,
please contact Navy Women's Lacrosse at
(410) 293-8797 (Phone)
(410) 293-5526 (Fax)
womenslacrosse@usna.edu (Email)
or visit: www.NavySports.com

N.A.A.A. Summer Camps
Navy Girls Lacrosse Camp
151 Cooper Road, Wesley Brown Field House
U.S. Naval Academy
Annapolis, MD 21402

NAVY WOMEN'S LACROSSE

2015 Navy Girls Lacrosse Camps



Youth Day Clinic (Two Sessions)
June 15-16, 2015
and June 17-18, 2015

Elite Gold Clinic
June 17-18, 2015

Open Blue Camp
June 23-25, 2015

U.S. Naval Academy
Annapolis, Maryland

See camp descriptions for age requirements
and other information

featuring
Winningest Coach in Lacrosse

Cindy Timchal
Navy Women's Lacrosse Head Coach

Sponsored by the NAAA

Typical Overnight Schedule

Open Blue Camp Only

7:15 a.m.	Wake-up
7:30 a.m.	Breakfast
9-11:30 a.m.	Session I
12 p.m.	Lunch
1 p.m.	Optional Instruction
2-4:15 p.m.	Session II
5 p.m.	Dinner
6-8 p.m.	Scrimmages
9 p.m.	Night program
10:30 p.m.	Bed check / Lights out

About The Camps

NAVY YOUTH DAY CLINIC

Session I: June 15-16, 2015
 Session II: June 17-18, 2015
 9 a.m. - 1 p.m.
 5 years to 12 years of age
 One Session – \$160
 Both Sessions – \$300

This clinic is specifically designed to teach and develop the fundamental skills of the game: throwing, catching, shooting, ground balls, offensive and defensive skills, feeding and confidence level improvement, in a fun and educational atmosphere. Goalie instruction will be offered.

NAVY ELITE GOLD CLINIC

June 17-18, 2015
 Rising high school freshmen, sophomores, juniors and seniors
 Cost: \$400

This is a high intensity, action packed two-day clinic for the Elite player who aspires to compete at the collegiate level. Sessions will include drills with an emphasis on mastery of individual skills as well as creativity in stickwork and shooting. Players will focus on perfecting offensive strategies and high pressure defensive schemes. The Navy Lacrosse Goalie School will be run by US National Team Player, Meg Huether. The Elite Gold Clinic will include full field scrimmages, an evening program on Wed night and prizes! This clinic allows you the opportunity to learn from some of the best coaches in the country! This is a two-day clinic. Overnight accommodations are not provided. A list of local hotels is available.

NAVY OPEN BLUE CAMP

June 23-25, 2015
 Rising sixth-, seventh-, eighth- and ninth-graders
 Cost: \$550

This overnight camp is designed for players of all ability levels. There is a strong emphasis on mastering skills as well as moving on to more advanced parts of the game. Sessions 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. Goalie instruction will be offered.



About the Camp Directors

Cindy Timchal

Head Coach, Navy Women's Lacrosse
 • Eight National Championship titles
 • Two-time National Coach of the Year
 • Four-time ACC Coach of the Year
 • NCAA career-wins leader with 431 victories
 • Has coached 55 different players to 97 All-American honors
 • Three-time Patriot League Coach of the Year
 • 2012 National Lacrosse Hall of Fame inductee



Gabby Capuzzi

Asst. Coach, Navy Women's Lacrosse
 • All-American at Ohio State
 • Former asst. coach at her alma mater
 • OSU career record holder for draw controls
 • Member of the Italian National Team



Josh Dionne

Asst. Coach, Navy Women's Lacrosse
 • Two-time USILA D-I All-American at Duke
 • Two-time national champion
 • Selected 18th in the 2014 MLL draft by the Charlotte Hounds



Meg Huether

Vol. Asst. Coach, Navy Women's Lacrosse
 • First Team All-American at Duke
 • Two-time All-ACC selection
 • Member of the 2009 gold medal World Cup team
 • Former assistant coach at William & Mary



Liz Schaffner

Director of Operations
 Navy Women's Lacrosse



Previous College Coaching Staff includes:

- Kim Kolarik – University of Virginia
- Brooke Matthews – Penn State University
- Meg Miller – Brown University
- Hannah Nielsen – University of Colorado
- Tara Singleton – Johns Hopkins University
- Kristen Waagbo – U.S. Military Academy
- Natalie Wills – University of Maryland

Sign Up!

Choice of Sessions —

- June 15-16 — Youth Day Clinic, Session I \$160
- June 17-18 — Youth Day Clinic, Session II \$160
- Both Youth Day Clinic Sessions, June 15-18 \$300
- June 17-18 — Elite Gold Clinic \$400
- June 23-25 — Open Blue Camp \$550

Name _____

Address _____

City _____ State _____ Zip _____

Parent's Name(s) _____

Day Phone _____

Evening Phone _____

Email Address (required) _____

Age as of June 2015 _____

Year of HS Graduation _____

Position (circle one) A M D GK Years of Experience _____

School _____

Club Team _____

Level of Play (circle one) Beginner Intermediate Experienced

Roommate Preference (Open Blue Camp Only):

Roommate preference must be declared in advance.
 Age of roommates needs to be similar. Overnight camp only.

\$100 camp deposit (nonrefundable) or payment in full must accompany application. Federal ID# 52-0613669.

Method of Payment for Camp

Amount Enclosed _____

Check Number _____

Make checks payable to NAAA / Navy Girls Lacrosse Camp
 Payment by Credit Card is accepted ONLINE ONLY at www.NavySports.com
 *A \$15 Navy online processing fee is administered to credit card payments

Please send applications and deposit to:
 Navy Girls Lacrosse Camp
 151 Cooper Road, Wesley Brown Field House
 Annapolis, MD 21402
 Fax: (410) 293-5526

Medical Information

Applicant's Name _____
 (Please print)

Medical Treatment Authorization

I/We being the legal guardians of the above applicant authorize the Naval Academy Athletic Association, the specific camp and its agents, permission to request medical treatment as necessary to insure the well being of the applicant.

 (Parent or Guardian Signature) (Date)

Parent Contact Number _____

Insurance

Coverage for accidental injury is required by all participants. Please complete the health information below.

Health Insurance Carrier _____

Policy Number _____

I approve of my child's attendance at the Naval Academy Athletic Association Sports Camp and certify that s/he is in good health and able to participate in all activities. I (am/am not) attaching a statement explaining special physical limitations and/or required medication. Please indicate if your child suffers from allergies, asthma, diabetes, restricted activities, etc. In further consideration of the Naval Academy Athletic Association accepting this application, I/we hereby agree to save and indemnify and keep harmless the Naval Academy Athletic Association, its agents and employees against any and all liability, claims, judgments or demands for damages arriving as a result of injuries sustained by the applicant during or as a result of any course given the applicant by the Naval Academy Athletic Association. Furthermore, as the parent/legal guardian for this child, I understand it is my responsibility to provide the Naval Academy Athletic Association with a COMPLETE AND VALID PHYSICAL EXAMINATION FOR THIS CAMPER PRIOR TO THE START OF CAMP.

 (Parent or Guardian Signature) (Date)

Please Complete if You Would Like Information Sent to a Friend

Name _____

Address _____

City _____ State _____ Zip _____