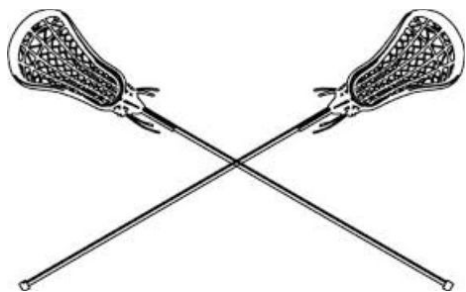


# TROJANS LACROSSE CAMP

Lacrosse, Fitness, & Fun  
For Girls in Grades 1st-6th



June 18-June 22

9am-2pm

Grass Fields

Wissahickon High School



Master current skills and learn new skills with  
our experienced staff.

Beginners - Experienced Players  
ALL welcome!!!!



## What to expect:

- Master the basics of lacrosse
  - The art of the cradle!
  - Catching & throwing under pressure
- Learn exercises to support your body playing various sports
- Defensive Positioning Goalie Training
- How to Attack the Cage
- Stick Tricks
- Dodging your defender
- COMMUNICATION!
- Keys to Getting Along With Teammates
- Yoga, Fitness, Team Talks & More!!

All physical activities will be age and skill appropriate! Children will be in their age groups.

Spots are held on a first come first serve basis.

## COST & REGISTRATION:

Player Name: \_\_\_\_\_

Player Grade: \_\_\_\_\_

Parent Contact First/Last Name: \_\_\_\_\_

Parent E-mail: \_\_\_\_\_

Parent Cell phone: \_\_\_\_\_

Emergency Contact (Other than parent listed above):  
Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

By signing this document, I accept all responsibility for my child/children/group and any resultant injury or mishap that may affect my child/children/group being or health in any way. I agree to release from all liability from Trojans Lacrosse Camp, Wissahickon School District, its directors, employees and all representatives from and against all claims, actions, judgments, costs, expenses, and demands with respect to injury, loss, death, or damage to my person or property in connection with them taking part in any of the programs at WSD facilities and fields.

It is understood and agreed that this agreement is to be binding on heirs, executors, administrators, assigns and myself. WSD/Trojans Lacrosse Camp retains the right to use any media they record for advertising purposes without notice or compensation thereof. I certify that I have read the above statement and understand it. Intending to be legally bound hereby, I make this agreement.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Cost is \$250.00 for the week.

Checks Made out to WHS GLAX. PayPal and Cash (in person) also accepted; [jamiokane8@gmail.com](mailto:jamiokane8@gmail.com). Please be sure to include your full name, email, and player's name and grade in the "notes" section if you choose to Paypal your registration fee. Paying by check, cash, or by Paypal? - all players must still mail/hand in this form. Please mail this page to:

Jamie Kane/WHS Girls Lacrosse  
521 Houston Road  
Ambler, PA 19002

General Daily Schedule:

