

www.cranfordlaxcamp.com



Cougar Lacrosse Camp

July 16th – 19th, 2018

9:00a.m. – 1:00p.m.

Cranford's Memorial Turf Field

Camp Director

Al Reinoso- Head Coach, Cranford High School

Section 1 – Northeast United States Lacrosse Coach of the Year 2015

NJSCA State Lacrosse Coach of the Year 2015

Star Ledger Lacrosse Coach of the Year 2015

NJILCA "Coach of the Year" 2006, 2008, 2015

Outstanding Staff includes:

JJ Hoeffler – Assistant Coach Cranford High School, Ex-Collegiate Head Coach

All State Cranford High School Player

Matt Trapani – Collegiate Assistant Coach

All-Section Player, Cranford High School

Corey LaForte – Assistant Coach Cranford High School

Ex-Head High School Coach

All Conference Player, Cranford High School

Michael Cohrs – Assistant Cranford High School

Collegiate Player

All-Conference Player Livingston High School

Plus many of Cranford High School's All Stars and college players all week!

Camp Information

- Grades 1-9
- NO EXPERIENCE is required: beginner instruction is offered**
- Campers are grouped based upon age, ability, and prior experience
- Equipment is mandatory
- Bring your own lunch

Areas of Instruction

Both Individual and Team concepts taught

Attack: Techniques in passing, feeding, dodging, shooting, stick protection, and riding

Midfield: Techniques in faceoff's, groundball work, passing, shooting, stick protection, dodging, and defending

Defense: Techniques in positioning, passing, sliding, off-ball play, communication, and stick work

Goal Tending: techniques in positioning, stopping shots, passing, clearing, and communication

Speed Training: important aspects of form running, agility, flexibility, and conditioning vital to all sports

Camp Philosophy

The camps philosophy is to teach, as well as enhance, the skills of lacrosse for each camper. Lacrosse is the nation's fastest growing sport. It is also the most fun! We want to teach young athletes what makes the game so enjoyable, by providing expert instruction in all aspects of the game. At the same time, we will provided a camp atmosphere that is fun, providing expert instruction in all aspects of the game.

Equipment needed:

Athletic foot wear

Lacrosse Stick

Lacrosse helmet and mouthpiece

Lacrosse gloves, shoulder pads and arm pads

Pay online by credit card

<http://www.cranfordlaxcamp.com>

or

Fees: \$200.00

On site registration: \$220.00

Make checks payable to : A.J. Reinoso

Mail registration form and payments to : 1142 Midwood Drive

Rahway, NJ 07065

For any further information, please contact Coach Reinoso at 732-762-0667

Cougar Lacrosse Camp

Registration Contract

I hereby give my permission and approval for my child to participate in the Cranford Cougar Lacrosse Camp. I assume all risks and hazards incidental to such participation, and hereby release Cranford Cougar Lacrosse Camp, its employees and agents from any and all liability arising from injury or injuries sustained by my child while participating in the camp, league, competitions, or any other activities. The Cranford Cougar Lacrosse Camp assumes no responsibility for any damage or loss of any personal or team property.

I hereby authorize the directors and employees of the Cranford Cougar Lacrosse Camp to obtain medical care for injuries or illness that may affect my child or which might occur during the Lacrosse Camp activities. I further direct all medical or hospital facilities to accept this document as authorization to render emergency care to my child should it be deemed medically necessary. All campers must have their own medical coverage. Campers will not be allowed to participate unless the following information is submitted and the form is signed by the legal guardian of the camper. By signing below, I assure that I have read and understand the above liability waiver.

Parent Signature _____

Parent Name (please print) _____

Players Name _____ DOB _____

Street Address _____ City _____

Zip _____

Telephone _____

Telephone Emergency _____

Medical Conditions (i.e. asthma) _____

Insurance Company and Number _____

Physician _____

Position (Circle One) **Attack** **Midfield** **Defense** **Goal**

Shirt Size (Circle One) **S/M** **L/XL**

School Attending in September 2018 _____

Grade Entering in 2018 _____

Parent Email Address _____