

WHAT YOU GET

- A True Lacrosse reversible Jersey
- True Lacrosse Camp "T" Shirt
- Brine lacrosse lanyard
- Autographs and pictures with the True Lacrosse All Pro Coaching Staff
- Raffle ticket good for True Lacrosse Prizes

WHAT TO BRING

- Required Equipment:
- Helmet
 - Shoulder Pads
 - Elbow Pads
 - Gloves
 - Stick
 - Mouth Guard
 - Proper Foot Wear
- Recommended for overnight
- Fan
 - Pillow
 - Tooth brush, toothpaste, soap, & shampoo
 - Bathing suit & towel



CAMP LEVELS

- Day Camp- Grades 3-12
- Overnight- Grades 3-12

INSURANCE

Insurance:

All campers must be members of US Lacrosse to participate. This will be a US Lacrosse sanctioned event and US Lacrosse membership will grant full insurance benefits to campers.

DIRECTOR CONTACTS

Jake Deane = 410-533-0516

ideane@truelacrosse.com

Mike Gabel = 802-578-5347

mgabel@truelacrosse.com

Ryan Covert = 616 304 1704

rcovert@truelacrosse.com

RENTAL EQUIPMENT

Rental Equipment is available for all ages. Just let us know and we will have it ready for you at registration.

True Lacrosse

175 E Delaware Pl.

Suite 6101

Chicago, IL 60614

Fax 312-265-1030

www.truelacrosse.com



True Lacrosse

All Pro Summer
Lacrosse Camp

Emory University
June 7th – June 10th

MISSION

True Lacrosse is a Midwest based company, committed to the expansion and progression of lacrosse. Our combined knowledge, experience, and passion allow us to offer the best service, products, and guidance necessary to further develop the fastest game on two feet. Our mission is to spread the game of lacrosse throughout the entire Midwest and into areas of the country where lacrosse has not been fully embraced. We understand that lacrosse is a lifestyle not a hobby and we value the dedication required to excel in this sport.

STAFF

Directors:

- Jake Deane, Chicago Machine MLL
- Top Scoring Defenseman in MLL '08
- All American at UMass
- Led UMass to National Championship
- NCAA All Tournament Team
- All New England

Coaches

- Mike Gabel, Chicago Machine MLL
- MLL All Star '08
- Chicago Machine Defensive MVP '06 & '08
- Assistant Coach U of Vermont '06
- NCAA Save per. Record holder '03
- Ryan Covert, Chicago Machine
- Three Time All American Emory University
- Chicago Machine Defenseman '09, '10

Coaches

- Adam Hughes, Chicago Machine
- Two Time All American Cortland State
- Jesse Churchward, Towson University
- 2006 Captain
- 3X Conference Champions and NCAA Appearances

Appearances

- Mike Blouin, Wheaton Warrenville South coach
- Three Time All Conference at Air Force
- Kevin Benages, Naperville North coach
- Mike Waldron, Washington & Lee

CAMP DESCRIPTION

This four-day camp will be held on the campus of Emory University in Atlanta, GA. Dormitories, dining hall, and pool are all walking distance from the two state of the art turf fields that will be used. Each full day of camp will have three Sessions. **Session I** will develop proper stick skills for passing, catching and ground balls. Campers will also develop proper technique on dodging and defensive play. **Session II** will use the skills learned in the earlier session and apply them in game situations. Strategies for fast breaks, unsettled situations and 6 on 6 play will be covered. **Session III** will be used for games.

CAMP SCHEDULE

- * Breakfast 7:30am
- * Session I- 9am - 11:30
- * Coach to camper time 11:30-11:45
- * Lunch 12pm - 12:45
- * Optional Swimming or free time 1:00 - 1:45pm
- * Session II - 2pm - 4:45
- Day Camper checkout
- * Dinner 5pm - 5:45pm
- * Session III - 6:30pm - 8:15pm
- * Camp round table for overnight campers- 8:45pm - 10pm (Pizza orders, stick string lessons, T.V.)

Check in / Check out:

- * Camp Registration will be held on the first day from 1 p.m. - 2 p.m.
- ** Check out will be at 12:00pm on the last day of camp
- *** There will be a raffle and Camp All Star vs. Coaches game on last day of camp

REGISTRATION

Camp Package	Price
Day Camper	\$400.00
Overnight Camper	\$550.00
Early Registration Discount Before April 1st	-\$50.00
True Lacrosse will keep \$150.00 of the tuition as a nonrefundable deposit for cancellations	Total =

Player Name	Age
School	Grade
Position	Yrs Played
Address	City
State	Zip
Home Phone	
Mobile Phone	
Email	
Us Lacrosse Card Holder	
US Lacrosse Membership #	
Parent Name	
Parent Signature	
Room Mate Request	
Room Mate Phone	

Please remove page and send with check or receipt to True Lacrosse.