

Description

Our staff is comprised of current & former Division I athletes and standout area high school players. We encourage campers to practice the right way every time and provide the special attention that is almost impossible to receive during regular in-season practices.

We believe in. . .

Perfecting the basics

Having fun while working hard

Building character & self-esteem through sports



Daily Routine:

Warm up & agilities

Individual stick skills

Offense & defensive concepts

Small games & competitions

Fun Day Friday:

Fun circuits & team competitions

Camper / Counselor All Star Game

Awards ceremony for campers and parents

What to Bring:

Hockey and / or lacrosse stick

Shin guards for hockey / goggles for lacrosse

Mouth guard, sneakers or turf shoes (no cleats)

Water bottle, sun block & lunch (if staying)

Meet the Coaches

Where it all began:

After competing against each other for four years in high school, Baer (*PW*) & Stewart (*Springfield*) went on to become co-captains of Georgetown University's lacrosse team. Both helped lead the team to its first ever NCAA tournament appearance in 1997 and to a finish in the Elite Eight in 2000. They developed Rising Stars to give back to the communities that helped shape them and to teach, train and inspire the next generation of local field hockey & lacrosse **RISING STARS**.



Kristen Baer Nicholas

Three-sport standout at Plymouth Whitmarsh: captain of field hockey, swimming & lacrosse teams, named Female Athlete of the Year at PW & earned All American honors in lacrosse. Two time co-captain & All American for Georgetown Lacrosse. Assistant lacrosse coach at Boston University 2001-2003 & helped lead the team to its first NCAA tournament appearance.



Susan Stewart Brown

Academic All American & co-captain for field hockey and lacrosse teams at Georgetown. Teacher, Head field hockey & lacrosse coach and Camp Director at Council Rock North High school 2001-2007. Led both teams to their best overall school records & named *Courier Times* Coach of the Year for both sports. Current trainer at Balance Personal Training in Chestnut Hill.

Registration

field hockey only lacrosse only

field hockey & lacrosse

Name: _____

Grade entering in fall of 2011: _____

School name: _____

Circle T-Shirt Size: YS YM YL S M L

years playing hockey: _____ lax: _____

MEDICAL CONCERNS:

ADDRESS:

Street: _____

City: _____ Zip: _____

Phone # _____

Email : _____

Can we connect with you on Facebook to post camp updates & pictures? Yes No

Find me under: _____

EMERGENCY CONTACT:

Name: _____

Phone # _____

How did you hear about us?

Waiver

I hereby certify that my child is in good physical health and may participate in all camp activities. I will not hold the Rising Stars field hockey & lacrosse camp or camp personnel responsible in the event of an accident or injury as a result of participation. I also give permission for my child to be given emergency treatment at the local hospital. Rising Stars field hockey & lacrosse camp does not provide individuals with medical insurance. Each camper must provide her own medical insurance plan. Rising Stars is not responsible for paying the deductible medical or hospital costs for any camper.

Parent signature

Date

Insurance Provider

Number

Early Bird Pricing:

Postmarked before May 15th

1 sport only: \$200 Both sports: \$300

Regular Pricing:

Postmarked after May 15th

1 sport only: \$250 Both sports: \$350

**Make check payable to
Susan Brown**



**Mail check, registration form
& waiver to
Susan Brown
6027 Cannon Hill Rd.
Fort Washington, PA 19034**



15% discount on gear pack at

Wave One:

Hockey stick, shin guards, and ball

Lacrosse stick, goggles, and ball

To ensure availability, offer is valid for Rising Stars campers through the end of May. Bring coupon with you to store.

1992 Butler Pike, Conshohocken



For questions, please
contact Susan Brown at
risingstarscamp@yahoo.com
267-625-6334

REFUNDS:

Full refunds will be made for cancellations received in writing postmarked 21 days before camp begins. After this deadline, a \$75.00 non-refundable fee will be deducted.



Rising Stars

Field Hockey & Lacrosse Camp

at Plymouth Whitmarsh High School's Turf



July 18th – 22nd

Field hockey 8:30 – 11:30

Lacrosse 12:00 – 3:00

Come for one sport or stay for both

For incoming 4th – 9th graders

**Great teams are made
in season; great
players are made in
the summer!**

www.risingstarsfieldhockeylacamp.com