

ABOUT THE CAMP

This camp provides the perfect environment for campers to further develop their lacrosse skills and a love of the game.

New Paltz Lacrosse camp is designed to increase the campers' knowledge of the game, improve upon basic skills and advance in intermediate skills. They will learn new offensive and defensive techniques. Goalkeepers will participate in specific training sessions where they will work on footwork, saves, angles, clears, and mental preparation.

Camp will begin Monday July 25th and run through Thursday July 28. Morning sessions will go from 9am to noon. After an hour break for lunch, the afternoon sessions will go from 1pm to 3pm.



New Paltz Summer Camps
Elting Gym
1 Hawk Drive
New Paltz, NY 12561—2443

New Paltz Women's Lacrosse Camp



July 25th to the 28th

Ages 9 to 18

845-257-3925

semelmah@newpaltz.edu

2011 LACROSSE CAMP AT NEW PALTZ

LAST NAME _____ FIRST NAME _____ AGE _____

STREET ADDRESS _____ CITY _____

STATE _____ ZIP _____ DATE OF BIRTH _____ POSITION _____

HOME PHONE # _____ PARENT'S NAMES _____

WORK PHONE #: MOM'S _____ DAD'S _____

EMAIL ADDRESS _____

T-SHIRT SIZE (CIRCLE ONE): Youth M Youth L Small Medium Large

EMERGENCY CONTACT
INFORMATION:

EMERGENCY PHONE #1:

WHOSE # IS IT?

EMERGENCY PHONE #2

WHOSE # IS IT?

CAMP INFORMATION

COST: \$160 per camper.

A non-refundable deposit of \$80 is required with each application and will be applied to the total fee. **Please send checks to New Paltz Athletics, payable to the Department of Athletics.**

www.nphawks.com

MEALS:

Campers are responsible for providing their own lunch.

T-SHIRTS:

Campers will receive a New Paltz camp T-shirt.

EQUIPMENT:

Campers should bring their own sticks, goggles, mouth guards and water bottles.

CHECK-IN:

July 25th at 8:30 in front of the Athletic and Wellness Center.

TIME:

9:00 a.m. - 3:00 p.m.

LOCATION:

New Paltz Turf Field located on campus.

ADDITIONAL INFORMATION:

New Paltz Lacrosse Office
Attn; Ryan Hooper 1 Hawk Drive
New Paltz, NY 12561

CAMP STAFF

Heather Semelmacher
New Paltz
Head Lacrosse Coach



Members of 2011 Team

