

Dear Parents,

We hope you will send your daughter to our lacrosse camp this summer. This will be our first time holding a girls lacrosse camp. The camp is for girls entering grades 5th-9th.

Fenwick Lacrosse camp is organized and designed to accomplish the following goals:

- To offer the best individual instruction on lacrosse fundamentals.
- To provide a competitive environment so that fundamentals can be practiced under game conditions.
- To create an atmosphere where good sportsmanship and citizenship can be developed.

Camp Staff

The camp is directed by Head Varsity Lacrosse Coach Scott Thies and his staff. Coach Thies and his staff take great pride in teaching the fundamentals of the game. Instruction is also provided by members of the Fenwick Varsity Team and recent graduates.

What Does Camp Provide?

- Fun
- Physical activity
- Instruction in how to play Lacrosse
- Lacrosse skill development
- Competition
- Opportunity to meet players from other schools

What Will Campers Learn?

Instructors will teach special lacrosse techniques and focus on the fundamentals of:

- Passing, cradling, scooping, and shooting
- Offensive moves with and without the ball
- Position responsibilities
- Defense

Camp Didactics

- Each day participants have the opportunity to practice the fundamentals they learn under game conditions.
- All campers are instructed through daily mini-lectures and station work.
- Offensive and defensive fundamentals are stressed through competition.

When Will Camp Begin?

Camp will begin on July 13, run for four days (until July 16), and continue from July 20 through July 23. We will have one-two hour session each day starting at 10:00am and ending at 12:00.

The girls will primarily be competing with other girls of the same age group.

The field will be open for use one half hour before every session. Parents are welcome to stay and watch any session.

Where Is Camp?

Fenwick High School Lacrosse fields are at the Dominican Priory. The Priory is located in River Forest. The field is on the southeast corner of Division and Harlem. In order to park, you will enter in off of Division St.

Camp Costs

Camp tuition is \$120.00 for the entire 8 day session.

How Do I Register?

To attend Fenwick's 2009 Lacrosse Camp, fill out the registration form on the back of this sheet and send it with a \$25.00 deposit to:

Scott Thies
c/o Fenwick High School
505 Washington Blvd.
Oak Park, IL 60302

The deposit is non-refundable and will be deducted from the total cost of the camp. To ensure participation, the registration form should be completed and returned by Friday, June 5. Applicants may register and participate after this date, however, there will be a \$20.00 late fee added to the registration.

NOTE: We will allow you to register the first day of camp.

FENWICK LACROSSE CAMP 2009

FEATURING:

- Individual instruction
- Fenwick lacrosse t-shirt for each camper
- Special awards
- Full scrimmages
- Rules of the game
- Offensive skill work
- Shooting contests
- Guest speakers

SAMPLE OF DAILY SCHEDULE

10:00 – 10:05	Roll Call & Announcements
10:05 – 10:15	Flexibilities – Agilities
10:15 – 11:15	Individual Fundamental Stations Shooting Passing Scooping Cradling Footwork Cutting Full Field Skills Defense
11:15 – 11:20	Break
11:20 – 11:35	Group Fundamental Emphasis Instruction Drills
11:35 – 12:00	Full Scrimmage

REGISTRATION FORM

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP _____

HOME PHONE: (____) _____

EMERGENCY CONTACT: & PHONE:

GRADE IN SEPT. 2009 _____

SCHOOL _____

Youth and Women's T-Shirt Size:
(please specify size)

RETURN BY JUNE 5 TO:

Coach Scott Thies
c/o Fenwick High School
505 Washington Blvd.
Oak Park, IL 60302

Remember to include your \$25.00 deposit

For further information contact:

Coach Scott Thies
(708) 386-0127 ext. 282
sthies@fenwickfriars.com

FENWICK LACROSSE CAMP

1st Year
July 13 – 16 &
July 20 – 23
(10:00am-12:00)



THE TRADITION BEGINS