

## Blessed Trinity 2009 Lacrosse Camp

The Blessed Trinity Catholic High School Lacrosse Program would like to invite your son or daughter to participate in our summer camp. During camp, your child will have the opportunity to learn from an experienced coaching staff. We will be teaching the basic fundamentals and rules of lacrosse. We would also hope that your child will take a sense of TITAN pride and sportsmanship with them when camp has ended.

Jan Podhorez  
Head Girls Lacrosse Coach

Brent Hollers  
Head Boys Lacrosse Coach

## INFORMATION

**Date:** June 8-12, 2009

**Where:** Blessed Trinity Catholic High School

**Time:** Mon.-Fri. 9:00-12:00

**Cost:** \$140.00 per participant

**Ages:** Boys and girls entering grades 2-9

**Contact:** Jan Podhorez (Girls)  
janpodhorez@btcatholic.org  
Brent Hollers (Boys)  
bhollers@btcatholic.org

## CAMP SCHEDULE

9:00 - 9:10 Welcome/Instructions  
9:10 - 9:15 Jog  
9:15 - 9:25 Stretch  
9:30 - 9:45 Station - catching/shooting  
9:50 - 10:05 Station - cradling/scooping  
10:10 - 10:25 Station - Offense  
10:30 - 10:45 Station - Defense  
10:50 - 11:05 Station - skill games  
11:15 - 12:00 - Games

*(Boys and girls will have separate stations and games)*

## WHAT TO BRING

Each camper should bring/wear the following to camp:

- Stick
- Cleats / tennis shoes
- T-Shirt
- Shorts
- Water Bottle
- Mouth Guard
- Girls need goggles

## STAFF

- **Jan Podhorez** - Head Girls Coach
- **Brent Hollers** - Head Boys Coach
- **Boys and Girls Varsity Players**

## APPLICATION

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_

Grade Entering \_\_\_\_\_

School Next Year \_\_\_\_\_

Parents Name \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

T-shirt Size (Youth) S M L (Adult) S M L XL  
Enclosed is: \_\_\_\_\_ payment in full (\$140.00)

## RELEASE AND WAIVER OF LIABILITY

PLEASE READ CAREFULLY AND  
SIGN THE FOLLOWING STATEMENT:

*I hereby authorize the Titan Lacrosse Camp to act for me in the event of a serious emergency (requiring medical attention), and I hereby waive and release the Titan Camp and its directors from any and all liability for injuries and illness incurred while attending camp. In addition, I certify that my child is in good health and is able to participate in all program activities. Furthermore, in the event of any emergency requiring medical attention, I shall pay for the services rendered.*

\_\_\_\_\_/\_\_\_\_\_  
Signature of Parent/Guardian (ink only) Date

**Please make checks payable to: Blessed Trinity**  
**Return application and fee to:**  
**Coach Jan Podhorez (girls) or**  
**Coach Brent Hollers (boys)**  
**Blessed Trinity High School**  
**11320 Woodstock Rd. • Roswell, GA. 30075**

# **INFORMATION**

**Dates:** *Monday, June 8 -  
Friday, June 12*

**Times:** *Monday - Friday  
9:00 am - 12:00 pm*

**Place:** *Blessed Trinity Catholic  
High School Lacrosse  
Field*

**Cost:** *\$140 per participant*

**Participants:** *Boys & Girls  
entering grades 2-9*

**Directions:**

*SR 400 to exit 7B west towards  
Roswell. Take a left at the light onto  
Westwind Blvd. (Home Depot is on  
the left). Follow Westwind Blvd. until  
you see the school on the right.*

# **STAFF**

- **Jan Podhorez** - Head Girls Coach
- **Brent Hollers** - Head Boys Coach
- **Boys and Girls Varsity Players**

**Blessed Trinity Catholic High School  
11320 Woodstock Road  
Roswell, GA 30075**

# **2009 Blessed Trinity Titan Lacrosse Camp**



**JUNE 8-12, 2009  
BOYS AND GIRLS  
ENTERING  
GRADES 2-9  
MON.-FRI. 9-12**