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, 2009Where:Blessed Trinity Catholic
High SchoolTime:Mon.-Fri. 9:00-12:00Cost:\$140.00 per participantAges: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	
CityZip	
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)DatePlease make checks payable to: Blessed TrinityReturn application and fee to:Coach Jan Podhorez (girls) orCoach Brent Hollers (boys)Blessed Trinity High School11320 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:

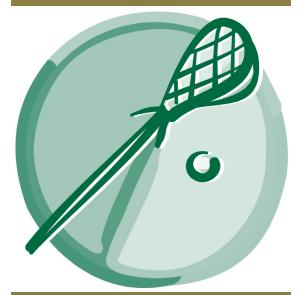
SR 400 to exit 7B west towards Roswell. Take a left at the light onto Westwind Blvd. (Home Depot is on the left). Follow Westwind Blvd. until you see the school on the right.

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