

**BLACK SQUIRREL**  
**LACROSSE**  
**2009**



**Girls' Day Camp**

**Grades: 3<sup>rd</sup>-8<sup>th</sup>**

**July 20<sup>th</sup>-23<sup>rd</sup>**

**Haverford College**  
**Haverford, PA**

**DIRECTOR**  
**Julie Young**



- 1<sup>st</sup> Season at Haverford College
- 2009 Centennial Conference Coach of the Year
  - Former Assistant Coach at University of Pennsylvania
  - US Team Member 2001-2004
  - 3 x All American at Princeton University

**PHILOSOPHY**

The Black Squirrel Lacrosse Day Camp is for beginners as well as more experienced players looking want to improve their skills and knowledge of the game. Emphasis will be on basic skill development and fundamentals of team play. Through our fun and creative sessions, campers will develop greater confidence in their abilities and a real love for the game.

**LOCATION**  
**Swan Field**

*Camp will be held on the serene campus of Haverford College, located just outside of Philadelphia. Campers will play on our brand new turf field, Swan Field.*

**DAILY**  
**SCHEDULE**

8:30 am	Drop Off
9:00am	Warm-up
9:30am	Stick Work
10:00am	Teaching Stations
11:30am	*Lunch- provided
12:30pm	Video
1:15pm	Team Concepts
2:00 pm	Games
3:00pm	Pick-up

**GROUPS**

*Players will be divided based on age and experience.*

**EQUIPMENT NEEDED**

*Stick, Goggles, Mouthguard  
Cleats/Sneakers*

# Camp Fee: \$200

*(Cost includes instruction, meals, insurance, reversible pinnie, and water bottle.)*

## **Payment:**

*Checks or Cash are the only accepted form of payments and must be paid in full with application.*

***Please make check payable to: Black Squirrel Lacrosse Camp***

## **Cancellations:**

*If cancellation is received by Monday July 6<sup>th</sup>, all but \$50 of the camp fee will be returned. Cancellation after the date will result in the forfeiture of the entire fee.*

**For more information contact:** Julie Young    [jsyoung@haverford.edu](mailto:jsyoung@haverford.edu)    610-896-1118

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*(cut here and return)*

## **REGISTRATION INFORMATION**

Camper's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell number: \_\_\_\_\_ # to be reached during camp if different: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Parent's Email address: \_\_\_\_\_

School: \_\_\_\_\_ Grade Entering Fall 09: \_\_\_\_\_

Beginner: yes or no \_\_\_\_\_ Years Played: \_\_\_\_\_ Position: \_\_\_\_\_

Please mail to: Julie Young  
Black Squirrel Lacrosse Camp  
370 Lancaster Avenue  
Haverford, PA 19041  
FAX: 610-896-4220

*Release Form & Medical Form will be sent upon receipt of application.*