



2014 LADY RAIDERS LACROSSE CAMP

Enjoy five days of high-impact training and detailed instruction in the fastest growing sport in the south. Whether you are a beginning, intermediate or advanced player, you will learn sound fundamentals through demonstrations, practice drills, and competitions. Under the guidance of the Lady Raiders Lacrosse coaches you will learn basic & advanced principles necessary to be a competitive athlete in women's lacrosse.

Benefits:

- Develop and refine your lacrosse skills—passing, dodging, shooting, & defending.
- Receive one-on-one instruction from Lady Raider's coaches and AHS varsity players.
- Increase performance and agility through drills & demonstrations.
- Learn strategy & fundamentals through detailed chalk talks.
- Train at your specific position and skill level.
- Learn fun team development drills.



What to Bring:

- Lacrosse Stick
- Mouth Guard and Goggles
- Cleats and Sneakers
- Water
- Sunscreen

When:
June 16th - June 20th
8:00am to 10:00am
at AHS Turf field

Rising 3rd - Rising 9th Graders

Camp Package:
\$125

REGISTRATION DEADLINE: MAY 30TH

Please mail registration forms & checks made payable to **AHS Womens Lacrosse Booster** to:
Megan Dye – 5030 Walnut Creek Trail Alpharetta, GA 30005

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

E-mail: _____ Position(s): _____

Age: _____ Grade Fall '14: _____ Experience: _____ Skill Level: _____

School: _____ Jersey Size: YS YM YL S M L

Number of Participants: _____ Cost: _____ Total: _____

Parent/Guardian Name and Contact Number: _____

Parents Release:

I will not hold the Fulton County Board of Education, Alpharetta High School, AHS Camp, or the coaches responsible for any illness or injury to my child. Further, this is to certify that I have insurance to cover any injury that might occur during participation and travel to camp.

Insurance Company & Policy Number: _____

Signature of Parent/Guardian: _____

Important Medical Information: _____

All applications will be handled on a first-come, first-serve basis
*Please make checks payable to **AHS Womens Lacrosse Booster** and mail to Megan Dye (address above)*
Cancellation Policy: \$75.00 after June 8th (no-shows will not be refunded)