

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 Varsity 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 Varsity coaches; Coach Adkins & Coach Rutledge, as well as 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:
JULY 18TH - JULY 22ND
AT AHS

RISING 3RD - RISING 5TH GRADERS
8:00AM TO 10:00AM

RISING 6TH - RISING 9TH GRADERS
6:00PM TO 8:00PM

CAMP PACKAGE:
\$100

REGISTRATION DEADLINE JULY 1

*Please mail registration forms & checks (made payable to AHS) to Laurie Adkins
3411 Serenade, Alpharetta, GA 30004*

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

E-mail: _____ Position(s): _____

Age: _____ Grade Fall '11: _____ 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-served basis.

Please make checks payable to Alpharetta High School (AHS) and mail to Laurie Adkins (address above).

Cancellation Policy: \$50.00 prior to July 12th and \$75.00 after July 12th (no-shows will not be refunded)