RAIDER CAMPS
LACROSSE GIRLS’ CAMP

JUNE 19–21, 2017
RESIDENTIAL CAMP • GRADES 6-12

WWW.SHIP.EDU/CAMPS

Director: Nicole Miller
SU Head Women's Lacrosse Coach
CAMP SCHEDULE

MONDAY, JUNE 19

1:00-2:00 PM  Camp check-in
4:15 PM       Camp meeting, residence hall lobby
5:00 PM       Dinner, dining hall
6:30 PM       Meet in residence hall lobby to walk to field
7:00 PM       12v12 and/or 7v7 games
9:00 PM       Meet to walk back to residence hall; commuters dismissed
11:00 PM      Lights out!

TUESDAY, JUNE 20

7:00 AM       Wake-up
7:30 AM       Breakfast, dining hall
9:00 AM       Meet in residence hall lobby to walk to field
9:30 AM       Technical skill sessions
12:00 PM      Lunch, dining hall, and free time
2:00 PM       Tactical sessions, small-sided games, and competitive drills
5:00 PM       Dinner, dining hall
6:30 PM       12v12 and/or 7v7 games
8:30 PM       Meet to walk back to residence hall; commuters dismissed
9:00 PM       Camp info session/movie night/fun night
11:00 PM      Lights out!

WEDNESDAY, JUNE 21

7:00 AM       Wake-up
7:30 AM       Breakfast, dining hall
9:00 AM       Meet in residence hall lobby to walk to field
9:30 AM       Lacrosse Olympics
11:45 AM      Boxed lunch
12:00 PM      Closing ceremonies
GENERAL CAMP INFORMATION

REGISTER EARLY
Space is limited to facilitate individual attention. Four-person suites will be assigned on a first-registered, first-accommodated basis.

WHAT TO BRING:
- A certificate of health must be presented by each participant at the camp’s registration. A standard form will be sent upon acceptance. This form does not require a physician’s examination or signature.
- Personal items: shorts, shirts, sweats, socks, sneakers, swimsuit, rain gear, sunscreen, alarm clock, and a fan; recreational equipment, if desired.
- Lacrosse equipment: lacrosse stick, mouth guard, and goggles are mandatory for participation in all lacrosse activities. Sneakers, turfs, and rubber cleats are permitted on Robb Field (no metal cleats are permitted). Goalkeepers must provide their own equipment. Water and ice will be available on the field, but players are encouraged to bring water bottles. Please label your gear. The university is not responsible for lost or misplaced belongings.

RECREATIONAL FACILITIES INCLUDE:
Indoor swimming, indoor and outdoor basketball courts (if available), outdoor volleyball courts, tennis courts, and handball courts.

HOUSING
Campers will be housed in suite-style residence halls. Amenities include: air conditioning and a bathroom for every two campers. A pillow, one pillowcase, and two sheets will be provided. You will need to bring towels, blankets, and washcloths with you. Coin-operated washers and dryers are available on each floor in the residence hall.

HEALTH SERVICES
The Etter Health Center at Shippensburg University is available for first aid treatment of minor illnesses and injuries. Hours of operation vary throughout the year and are listed on the health center website www.ship.edu/health_center. If an illness or injury requires additional medical care, with consent of parent or legal guardian of child under the age of 18, arrangements may be made for an appointment with the campus physician during physician hours. If there is a medical emergency the camper will be transported via ambulance to an emergency room.

DISABILITY SERVICES
Requests for accommodations, auxiliary aids, or services must be made in writing to the Office of Disability Services at least fifteen (15) days before the camp begins. The Office of Disability Services is located in Horton Hall Suite 324, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1364, ods@ship.edu.
Our primary objective is to provide each camper with a positive lacrosse experience in order to encourage enjoyment of the game and continue the evolution of the U.S.'s fastest growing sport. Fundamental skills are emphasized and then combined with tactical instruction. Each day concludes with game competition, helping campers translate what they learn in their skill and tactical sessions into success on the field.

- The camp is open to all girls grades 6 to 12. Please register early. Registrations are accepted on a first-come, first-served basis.
- Players will be grouped by age, experience, and ability level.
- All phases of lacrosse will be taught and practiced during the camp.
- Around-the -lock supervision will be provided for each camper.

**CAMP HIGHLIGHTS**

- Small skill groups and dedicated instructors provide individual attention for each camper
- Speed and conditioning training
- 12v12 and/or 7v7 games each night under the lights
- Information session on the college recruiting process
- Movie night
- Camp fun night
- TV lounges and supervised off-field activities including swimming, tennis, sand volleyball, and much more
- Camp awards will be given
- Lacrosse Olympics

**GOALKEEPING SESSIONS**

Goalkeepers will participate in specialized training sessions where they will work on technique, footwork, conditioning specific to the position, mental concentration, and confidence-building skills in the morning sessions. They will then join the field players for the afternoon and evening sessions.

**APPLICATION INFORMATION**

Applications will be accepted up to one week prior to the start of camp. Applications submitted after that day will not be accepted. If paying with a credit card, full payment is required. If paying by check or money order, you have the option of paying the entire amount or submitting at least a $75 deposit with the balance due one week prior to start of camp. An administrative fee of $75 will be deducted from all refunds. No refunds will be given after on-campus check-in. The Conference Office reserves the right to cancel any camp which has insufficient enrollment up to two weeks before the opening of camp. A full refund will be given if the camp is canceled.

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Send your application and payment to:

**CONFERENCE SERVICES**
SHIPPENSBURG UNIVERSITY
1871 OLD MAIN DRIVE
SHIPPENSBURG, PA 17257-2299
PHONE: (717) 477-1256
CAMP DIRECTOR

NICOLE MILLER – Coach Miller is a 2014 graduate of East Stroudsburg University, where she was a four-year letter-winner. After graduation, Miller accepted the assistant coach position at Division III, York College of PA. She helped guide the program to back-to-back NCAA appearances. Miller took over the Shippensburg lacrosse program this past summer and is working on building it into a perennial contender within the PSAC.

JENNY WIRTH – Coach Wirth began her first season as an assistant women’s lacrosse coach at Shippensburg University in 2017. She assists with the team’s game-day preparations and provides assistance with practice duties as well as recruitment and scouting. Coach Wirth played at Edinboro University, where she was a four-year letter-winner from 2011-14.

STAFF

Staff coaches will include a select group of collegiate players. In addition to coaching responsibilities, these staff members provide direct support and encouragement as role models to developing players.

* Others may be added to our staff. Staff subject to change.
REGISTRATION APPLICATION
2017 SU GIRLS’ LACROSSE CAMP

For your convenience, the Conference Office offers online registration, payment, and printable brochures. Check out our website at www.ship.edu/camps.

NAME ______________________________________________________

ADDRESS ___________________________________________________

CITY ________________________________________________________

STATE ________________________   ZIP CODE _____________________

PHONE NUMBER (______)  _____________________________________

AGE ____________       GRADE IN FALL OF 2017 ____________________

PARENT’S NAME  _____________________________________________

DAYTIME PHONE NUMBER (______) ______________________________

SCHOOL ATTENDING __________________________________________

COACH’S NAME ______________________________________________

ROOMMATE PREFERENCE  _____________________________________
(ONLY 2 CAMPERS PER ROOM)

POSITION(S) ________________________   YEARS EXPERIENCE ______

LEVEL OF PLAY: (CHECK ONE)
○ BEGINNER       ○ INTERMEDIATE       ○ ADVANCED

FEES:
○ RESIDENT PLAN (ALL MEALS INCLUDED)  $300
○ COMMUTER PLAN (INCLUDES: 2 LUNCHES & 2 DINNERS)  $250

PAYMENT PLAN:
○ CHECK OR MONEY ORDER ENCLOSED (PLEASE MAKE CHECK PAYABLE TO “SHIPPENSBURG UNIVERSITY”)
○ CREDIT CARD PAYMENTS AND E-CHECKS WILL BE ACCEPTED ONLINE AT WWW.SHIP.EDU/CAMPS AS PART OF THE REGISTRATION PROCESS. IF PAYING BY CREDIT CARD OR E-CHECK, FULL PAYMENT IS REQUIRED AT THE TIME OF REGISTRATION.

REGISTER NOW

CALL (717) 477-1256
VISIT www.ship.edu/camps
EMAIL sucamps@ship.edu
## 2017 Summer Camps

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