

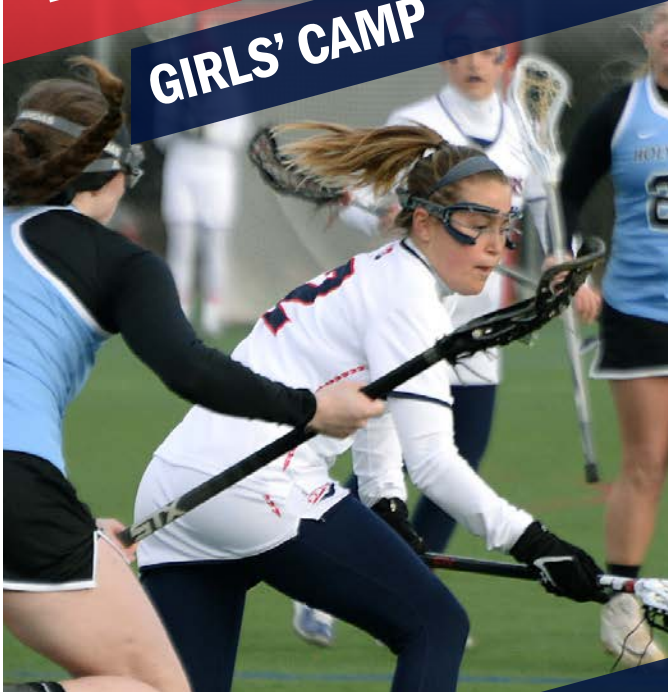
2019 SUMMER CAMPS

| CAMP | AGE GROUP | DATES |
|------------------------------|----------------------------|------------|
| Swim Camp | Boys and Girls Ages 10-18 | June 3-6 |
| Boys Basketball Camp | Boys Ages 10-17 | June 9-12 |
| Soccer Camp | Boys and Girls Ages 9-13 | June 17-21 |
| Girls Basketball Camp | Girls Ages 10-15 | June 23-26 |
| Girls Softball Camp I | Girls Ages 10-13 | June 23-26 |
| Acting and Theatre Arts Camp | Boys and Girls Grades 3-6 | June 24-28 |
| Boys Basketball Day Camp | Boys Ages 9-17 | July 7-10 |
| Girls Lacrosse | Girls Grades 9-12 | July 8-10 |
| Tennis Day Camp I | Boys and Girls Ages 8-10 | July 8-12 |
| Chemistry Camp | Boys and Girls Ages 8-10 | July 8-12 |
| Girls Volleyball Camp I | Girls Ages 12-18 | July 14-17 |
| Sprints and Hurdles Camp | Boys and Girls Grades 9-12 | July 14-17 |
| Field Hockey Day Camp | Boys and Girls Grades 3-8 | July 15-17 |
| Tennis Day Camp II | Boys and Girls Ages 11-14 | July 15-19 |
| Girls Softball Camp II | Girls Grades 9-12 | July 15-16 |
| Girls Cross Country Camp | Girls Grades 9-12 | July 21-25 |
| Boys Cross Country Camp | Boys Grades 9-12 | July 21-25 |
| Jumps Camp | Boys and Girls Grades 9-12 | July 21-24 |
| Throws Camp | Boys and Girls Grades 9-12 | July 21-24 |
| Tennis Residential | Boys and Girls Ages 15-18 | July 22-26 |
| Volleyball Team Camp | High School Teams | July 26-28 |
| Field Hockey | Girls Grades 7-12 | July 28-31 |
| Girls Volleyball Camp II | Girls Ages 12-18 | July 28-31 |

RAIDER CAMPS

LACROSSE

GIRLS' CAMP



JULY 8-10, 2019
RESIDENTIAL CAMP • GRADES 9-12
SHIP.EDU/CAMPS

Directed by:
Nicole Meehan,
Head Women's Lacrosse Coach
Shippensburg University



CAMP SCHEDULE

MONDAY, JULY 8

- 2:00-3:00 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 Campers assemble to walk back to Residence Hall; Commuters free to go
- 11:00 PM Lights Out!

TUESDAY, JULY 9

- 7:00 AM Wake-Up
- 7:30 AM Breakfast, Dining Hall
- 9:00 AM Campers assemble 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 Campers assemble to walk back to Residence Hall; Commuters free to go
- 9:00 PM Camp Info Session/Movie Night/Fun Night
- 11:00 PM Lights Out!

WEDNESDAY, JULY 10

- 7:00 AM Wake-Up
- 7:30 AM Breakfast, Dining Hall
- 9:00 AM Campers assemble in Residence Hall Lobby to walk to Field
- 9:30 AM Lacrosse Olympics
- 12:00 PM Closing Ceremonies

GENERAL CAMP INFORMATION

REGISTER EARLY

Space is limited to facilitate individual attention.

WHAT TO BRING:

- A certificate of health** must be presented by each participant at the camp's registration. If you register by mail, a standard form will be sent. Health forms are available for download on our website at ship.edu/camps. **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.
- Required 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. You will need to bring sheets, pillow, pillow case, 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 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 Social Equity at least fifteen (15) days before the camp begins. The Office of Disability Services is located in Horton Hall 120, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1161.



SHIPPENSBURG UNIVERSITY
1871 OLD MAIN DRIVE • SHIPPENSBURG, PA 17257
P: (717) 477-1256 • E-mail: sucamps@ship.edu

SHIP.EDU/CAMPS

Shippensburg University is a member of Pennsylvania's State System of Higher Education and an equal opportunity educational institution. Direct requests for disability accommodations and other inquiries to the Office of Accessibility Resources, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1364, oar@ship.edu.



SU LACROSSE CAMP

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 9 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 clock 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
- 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. Conference Services reserves the right to cancel any camp that has insufficient enrollment up to two weeks before the opening of camp. A full refund will be given if the camp is canceled.

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 MEEHAN

Coach Meehan is a 2014 graduate of East Stroudsburg University, where she was a four year letter winner. After graduation, Meehan accepted the assistant coach position at Division III, York College of PA. She helped guide the program to back to back NCAA appearances. Meehan took over the Shippensburg Lacrosse program three years ago and has been working on building it into a perennial contender within the PSAC.

NICOLE HINKLE

Coach Hinkle began her first season as an assistant women's lacrosse coach at Shippensburg University in 2018. She assists with the team's game-day preparations and provides assistance with practice duties as well as recruitment and scouting. Coach Hinkle played at Wingate University, where she was a four-year letter winner from 2015-2018.

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. Staff subject to change.



REGISTRATION APPLICATION

2019 SU GIRLS' LACROSSE CAMP

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

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone Number (_____) _____

Age ____ Grade in Fall of 2019 _____

Parent's Name _____

E-mail _____

Daytime Phone Number (_____) _____

School Attending _____

Roommate Preference _____
(Only two campers per room)

Position _____ Years of Experience ____

LEVEL OF PLAY (CHECK ONE):

Beginner Intermediate Advanced

SPECIAL ACCOMMODATIONS OR MEDICAL CONDITIONS:

ALLERGIES: (e.g. latex, food, etc.)

FEES:

- \$300 Resident Plan (all meals included)
 \$250 Commuter Plan (1 lunch, 2 dinners)

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 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 ship.edu/camps

E-MAIL sucamps@ship.edu