

# NIKE LACROSSE CAMPS

750 Lindero Street, Suite 220 - San Rafael, CA 94901  
1-800-NIKE CAMP - USSportsCamps.com



1-800-NIKE-CAMP  
USSPORTSCAMPS.COM

# NIKE LACROSSE CAMP 2010



**REDWOOD HIGH SCHOOL**  
**Larkspur, CA**

**Complete Skills Camp**  
**Boys : Ages 8 - 14**

## CAMP DESCRIPTION



For the 5th consecutive summer, USSC and the Ross Valley Lacrosse Club have joined forces to offer this Nike Lacrosse Camp at Redwood High School.

This is a complete skills day camp designed for youth lacrosse players ages 8-14, from Marin County and beyond.

In addition to stick skills, position work, and scrimmaging, this camp includes a specialized speed and agility program by [thebalanceworkout.com](http://thebalanceworkout.com)



Another feature that separates our camp from the rest is our daily lacrosse video session where campers are exposed to the highest level of play.

## CAMP DIRECTORS



**David Grose:** As a Division I player at the University of North Carolina, Coach Grose helped lead his team to 3 ACC Championships and 2 Final Four appearances. His post-collegiate career has been as an attackman with the Marin Lacrosse Club, winning a total of 8 State Championships. David has coached all levels of lacrosse, from youth to the college level, and is currently the Head Coach of the RVLC Junior A Team.

**Chris Dean:** Coach Dean is a former high school All-American from West Chester, PA. He went on to play at Villanova University. Over the past 15 years Christopher has been involved in coaching at the high school and youth levels in Pennsylvania, Texas and California as well as numerous camps. He has been involved with the Ross Valley Lacrosse Club for the past 7 years.



## CAMP SETTING



Redwood High School boasts one of the best turf fields in Marin County. This type of field helps campers familiarize themselves with playing the game at a high speed, forcing greater anticipation and quicker mental reads, but with a feel that is more like grass.

## CAMP DATES & PRICES

### JUNE 21 - 24, 2010

Camp runs Monday through Thursday 9:00am-3:00pm.  
Campers must bring their own equipment and lunch.

**CAMP PRICE: \$335 PER CAMPER**

(Plus \$15 registration fee = \$350)

### Group Discounts Available!

5 or More = \$25 off per camper

ALL APPLICATIONS AND PAYMENTS MUST BE MAILED OR FAXED TOGETHER, AS A GROUP, TO RECEIVE THE GROUP DISCOUNT

## TYPICAL DAILY SCHEDULE

- 8:50 Campers Arrive
- 9:00 Stretching and Conditioning Program
- 9:30 Drill Stations/Classroom Video Sessions
- 11:00 Fast Breaks/Clears
- 12:00 Lunch
- 12:45 Drill Stations
- 1:30 2x2, 3x3 Progression to 6x6 w/Instruction
- 2:00 Full Field Scrimmages
- 3:00 Campers Depart



## CAMP HIGHLIGHTS

- Designed for motivated players ages 8-14
- Superior instruction from College Coaches, Former & Current Players
- 8:1 camper to instructor on field ratio
- Daily emphasis on positional training, drills, and scrimmages
- Special conditioning program by [thebalanceworkout.com](http://thebalanceworkout.com)
- Reversible mesh Nike Practice Jersey
- Nike and STX prizes for outstanding play, sportsmanship and improvement

## IT'S EASY TO ENROLL...

- **Phone** 1-800-NIKE CAMPS (1-800-645-3226)
- **Fax** 415-479-6061
- **Online** [USSportsCamps.com](http://USSportsCamps.com)

**PAYMENT TERMS:** Payments can be made by Visa/MasterCard or by personal check (via mail)

### \$265 payment – Due at time of registration

- \$250 per session deposit
- \$15 per person non-refundable registration fee

**The Camp Tuition balances are due on May 1st.**

**CANCELLATION POLICY:** Once registered, if you have to cancel for any reason, you will receive a camp "credit" for all Camp Tuition payments made, valid through 2011, for any Nike Lacrosse Camp transferable to an immediate family member. In the unlikely event USSC cancels a Nike Lacrosse Camp session, a full refund for camp registration fees will be provided. Camper waives any and all damages that may otherwise arise out of any camp cancellation.

### CANCELLATION PROTECTION:

Available for \$35 per camp session. With cancellation protection, cancel by your Camp Tuition "balance due" date (see above) and receive a refund of all Camp Tuition payments less the \$15 registration fee. If you cancel after your Camp Tuition "balance due" date, you will receive a camp "credit" for your paid tuition fees, transferable to an immediate family member and applicable to any US Sports Camp through 2011.

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## NIKE LACROSSE CAMP JUNE 21-24 Redwood High School (LXBDRV)

Camper's First Name \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work/Cell \_\_\_\_\_

Email (*must be able to accept attachments*) \_\_\_\_\_

Position \_\_\_\_\_

Name of Team \_\_\_\_\_ Beginner/Youth/JV/Varsity \_\_\_\_\_

Grade in Fall \_\_\_\_\_ Date of Birth \_\_\_\_\_

### BILLING INFORMATION:

Person Paying \_\_\_\_\_

Email address (if different) \_\_\_\_\_

Method of Payment:  Visa  Mastercard  Check  
 Deposit (\$250 + \$15 Reg Fee)  
 Full Payment (\$350)

Card # \_\_\_\_\_

Exp. Date: \_\_\_\_\_  Please add \$35 for Cancellation Protection  
 Please Charge the remainder on May 1, 2010

By submitting this application to US Sports Camps, Inc, I affirm that I have read and agree to the US Sports cancellation policy and hereby accept the terms of enrollment described in this brochure. Furthermore, I agree to pay all camp fees and authorize US Sports Camps to charge my credit card (if applicable).

Signature \_\_\_\_\_

Make check payable and mail to:  
**USSC/NIKE Lacrosse Camps**  
750 Lindaro St., Suite 220 - San Rafael, CA 94901  
Toll Free: 1-800-NIKE-CAMP Fax: 415-479-6061  
[USSportsCamps.com](http://USSportsCamps.com)