

NIKE LACROSSE CAMPS

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



NIKE LACROSSE CAMP 2010



**UNIVERSITY OF
MARY WASHINGTON**
Fredericksburg, VA

JULY 17-20

Complete Skills Camp
Ages 9-18

1-800-NIKE-CAMP
USSPORTSCAMPS.COM

US SPORTS CAMPS INC.
Operators of the Nike Sports Camps

U.S.S.C. proudly presents the Nike Lacrosse Camp at the University of Mary Washington. Our goal is to stimulate a love for the game of lacrosse by immersing you in the sport and giving you the kind of focused, intensive training essential to improvement. Over the course of camp, your enthusiasm and self-confidence will grow along with your skills.



CAMP DIRECTOR



Kurt Glaeser, Head Men's Lacrosse Coach and Camp Director, fields teams that are increasingly competitive within the Mid-Atlantic region as well as nationally. The past decade has been an era of upset wins over nationally ranked teams and tough one goal losses, as on and off again, the Eagles flirt with Top 20 Division III status. In 2010, a young Eagles squad steadily improved to

earn a 1st round tournament win and advance to the CAC semi-finals, losing to #1 ranked Salisbury. The Eagles return 5 of their top 6 scorers for 2011 and the entire starting defense & goalie.

Glaeser, who served as the head coach for UMW's nationally-renowned Women's Soccer program from 1989 to 2008, is excited to be able to focus on men's lacrosse beginning in 2009. Between the two-sports he has earned 14 coaching awards since coming to UMW.

A fine player in his own right, Glaeser's playing career began as a midfielder at famed Loyola High School in Baltimore, MD, and continued both as a midfielder and an attack at Western Maryland College. In 1978, under legendary coach Bill Thomas, Glaeser (a tri-captain and all-conference selection) helped the Green Terror to its first Middle Atlantic Conference title. His post-collegiate career included playing experience with several club teams. Prior to coming to Fredericksburg, Glaeser was the head coach at Drew University, in 1981 and 1982.



CAMP SETTING



Instruction takes place at UMW's new Campus Recreation Turf Complex. Overnight campers reside in student dorms located adjacent to the fields

CAMP HIGHLIGHTS

- Designed for players ages 9-18
- Instruction from college coaches and players
- 8:1 camper to instructor ratio
- Daily emphasis on advanced skills, position training, and game situations
- Special goalie instruction and drills
- Every camper receives a reversible Nike practice jersey
- Nike and STX prizes for outstanding play, sportsmanship, and improvement

TYPICAL DAILY SCHEDULE

(DOES NOT APPLY TO FIRST OR LAST DAY)

- 7:30 Breakfast (Overnighters)
- 9:00 Extended Day Campers arrive; stretching and conditioning
- 9:15 Instructional stations
- 12:00 Lunch, rest
- 1:00 Team practice
- 2:00 Lacrosse games
- 3:00 Drills, stations
- 4:00 Skill contests
- 5:00 Dinner and Free time
- 6:30 Back to field, team games
- 9:00 Extended Day Campers depart
- 10:00 Overnight Campers to rooms; Lights Out!



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CAMP DATES & PRICES

JULY 17 - 20, 2010

Overnight Camp: \$525
Extended Day Camp: \$425

Camp runs Saturday through Tuesday. The Overnight Fee includes all the meals and housing. The Extended Day Fee includes lunch and dinner. All campers will receive a detailed packet of info prior to camp.

Group Discounts Available!

5 or More = \$25 off per camper

All applications and payments must be mailed or faxed in together, as a group, to receive the group discount.

IT'S EASY TO ENROLL...

- **Phone** 1-800-NIKE CAMPS (645-3226)
- **Fax** 415-479-6061
- **Online** 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 as follows:

- For camps with July start dates, balance is due on June 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.

NIKE LACROSSE CAMP APPLICATION

University of Mary Washington

Camper's Name First Last

Address

City State Zip

Home Phone Work/Cell

Date of Birth Position

Email (must be able to accept attachments)

Camp Code: LXBRMW

JULY 17 - 20 Overnight Extended Day

Roommate Request

Payment Information:

Person Paying

Address (if different)

Method of Payment: Visa Mastercard Check
 Deposit (plus \$15 registration fee)
 Full Payment (plus \$15 registration fee)

Card # _____

Exp. Date _____ Please add \$25 per session for Refund Protection
 Please Charge the remainder on May 20, 2009

By submitting this application to US Sports Camps, Inc, I affirm that I have read and agree to the US Sports Camps 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
 1-800-645-3226 Fax: 415-479-6061

USSportsCamps.com