

PLEASE RETURN THIS FORM WITH PAYMENT:

ST. CHARLES CARDINAL LACROSSE – 2016 YOUTH CAMP

Name of camper _____

Address _____

City _____ State _____ Zip _____

Grade entering in Fall of 2016: _____ School _____

Lacrosse Position (Attack, Midfield, Defense, Goalie): _____

Email address: _____ Phone _____

(circle one)

Youth T-shirt size: Small Medium Large XL

Adult T-shirt size: Small Medium Large XL

I certify that my son is in good physical health and is capable of participating fully in lacrosse activities. In addition, I give permission for any medical treatment for the above camper that is necessary in the judgment of St. Charles Lacrosse Youth Camp Staff. I agree to hold the St. Charles Lacrosse Youth Camp Staff harmless for any liability arising out of good faith actions, and I accept any and all costs and liability in case of accident or injury.

Signed _____ Parent or legal guardian

Return this registration form with check to:

Cardinal Lacrosse Youth Camp
Attn: Mark Berndt
572 Fields Meadow Drive
Sunbury, Ohio 43074

**St. Charles
Cardinal Lacrosse**

2016 Youth Camp

Boys Entering 3rd-8th Grade

**June 6, 8, 13 & 15
6:00PM – 9:00PM**



St. Charles Preparatory School
2010 East Broad Street
Columbus, OH 43209

Lacrosse Youth Camp

The design of the Cardinal Lacrosse Youth Camp is to provide each camper with an enjoyable and rewarding experience with the game of lacrosse.

Each camper will be placed into small teaching groups based on age.

The primary objectives of the camp are to teach the individual and team fundamentals of the game, develop in each camper a passion for competing to become the best lacrosse player that he can be, and to have a tremendous amount of fun playing the game! To get the most out of the camp experience, it is essential that each camper has a desire to learn the game of lacrosse and be willing to give his full effort.

The Staff

The Cardinal Lacrosse Youth Camp will be directed by St. Charles Head Lacrosse Coach Mark Berndt. The other staff instructors will be the other members of the St. Charles Lacrosse coaching staff.

Facility

The Cardinal Lacrosse Youth Camp is held on both of the St. Charles artificial turf facilities: the stadium on the main campus of St. Charles Preparatory School & the newly constructed West Campus training facility across Nelson Ave from the main campus.

Emphasis on Fundamentals

Each individual camper will be coached on an individual basis. He will be instructed on the fundamentals required to become a complete lacrosse player. The main fundamentals emphasized are:

- Passing & Catching
- Dodging
- Shooting
- Individual Defense
- Goalie Play
- Ground Balls
- Face Offs
- Offensive Team Play
- Defensive Team Play

Camp Features

- Small player / coach ratio
- Camp t-shirt
- Games

For further information, please contact:

Mark Berndt
Head Coach & Camp Director

Home: (740) 816-9216
maberndt@aep.com

School: (614) 252-6714

Daily Schedule

6:00 – 6:10pm	Stretching
6:10 – 6:55pm	Small Groups
6:55 – 7:05pm	Break
7:05 – 7:50pm	Small Groups
7:50 – 8:00pm	Break
8:00 – 9:00pm	Games and Competition
9:00pm	Camp Closure

Site: St. Charles Stadium & West Campus Training Facility

Dates: June 6, 8, 13 & 15 (this camp session is inclusive of all 4 dates)

Ages: Entering grades 3 - 8 in Fall of 2016

Cost: \$100.00 per camper

REGISTRATION DUE BY:
May 30, 2016 (Memorial Day)

Make Checks Payable to:
St. Charles Lacrosse

Dress properly for playing lacrosse. This camp is a mild-contact camp. All players must have full equipment (stick, helmet, mouthguard, shoulder pads, armpads & gloves). A protective cup is also recommended.

Goalies must have all required equipment, including a protective cup.

All campers should also bring a water bottle.