

Parent's Name _____

Child's Name _____

Address _____

City _____ State ____ Zip _____

Email Address _____

Phone: Day _____ Evening _____

Camper year of birth ____ Camper grade _____

Position: A M D G

Org./Team _____ Jersey Size _____

List other campers you would like to see in the same group as your child: _____

Campers will be put in groups based on age & ability

August 1-5 (Full Day Camp)
Ages 7-15 ('04-'96)

August 1-5 (Half Day Camp)
Ages 6-8 ('05-'02)

Lunch (\$30 extra):
 Yes **No**

Payment Method Check Credit Card

  Exp. Date _____

Card # _____ CVV code _____

Signature _____

Mail Completed Form To:
Rochester Youth Camps LLC
20 Chelmsford Rd. • Rochester, NY 14618
585-739-1612
e-mail: info@RochesterYouthCamps.com



SUMMER LACROSSE CAMPS

The Rochester Knighthawks Summer Lacrosse Camps for boys & girls age 6-16. Come play and learn the fastest growing sport in North America from some of Rochester's pro players.



SUMMER HOCKEY CAMP

The Rochester Americans Summer Hockey Camp for players of all levels age 5-14. Improve your skills and learn some new techniques with 3 hours on ice a day, video sessions, off ice activities and more. Full Day and Half day camps available.



ELITE TRAINING CAMP

The Rochester Americans Elite Training camp for travel players age 9-14. This pro-style camp will incorporate NHL, AHL and Division 1 college drills that will push the players to their limit. Campers will learn the skills and discipline needed to help make their hockey aspirations a reality.



To receive a brochure or to obtain more information for any of the above camps, call 585-739-1612, e-mail info@rochesteryouthcamps.com or visit www.rochesteryouthcamps.com



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2011 ROCHESTER KNIGHTHAWKS

Lady
OUTDOOR LACROSSE CAMP

At McQuaid Jesuit High School






AUGUST 1-5
AGES 6-15




Grow with the Pros!
email: info@RochesterYouthCamps.com
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Why We Stand Apart!!!

The Rochester Lady Knighthawks lacrosse camp will present your daughter with an opportunity to learn the fastest growing team sport or to take her play to the next level. Former U.S. Women's Lacrosse team player, Pam Mapstone, along with Division I players Kate Faas & Jenna Moulton, headline an outstanding lineup of top collegiate players, high school coaches, All-Americans, and current Knighthawks players. Whether she is a beginner or advanced player, your daughter will receive advanced instruction by this experienced staff.

Campers will be grouped by age, ability, and experience. All aspects of the game including stick handling, passing and catching, shooting, and team play, will be covered in new and exciting drills ensuring that your child has fun while learning the game. In the morning session we will focus on skills and positioning. In the afternoon session we will cover team concepts and the players will have a chance to apply what they learned in a game at the end of each day.

CAMP SESSION

at McQuaid Jesuit High School

FULL DAY CAMP
August 1 - 5 • 9am - 3:30pm
Ages 7-15

HALF DAY CAMP
August 1 - 5 • 9am - Noon
Ages 6-8

*Special Session For Goalies



Your Camp Instructors



Pam Mapstone (Head Instructor):

- Member of US Women's Lacrosse Team 1989-1991
- Averaged 50 goals per season and was a 3 time All-MAC and All-American selection at Gettysburg College
- Coached womens lacrosse for Pittsford Sutherland High School and William Smith College

Kate Faas:

- Junior and current member of the University of Maryland Women's Lacrosse Team
- 2007, Atlantic 10 Offensive Player of the Year.
- Led Rush-Henrietta to 21-3 record and a Section V championship and named to the All Monroe county team in her senior season



Jenna Moulton:

- Former member of the University of Connecticut Women's Lacrosse Team
- Was in the cage every minute of the 2008 season for the Huskies
- Lettered all four years at East Rochester
- Helped lead ER to Section V and Regional B Championships

Meghan Smith:

- Currently a member of the Saint Anselm College Women's Lacrosse Team
- Division II All Rookie Team as a freshman
- Second Team All Conference Northeast 10
- Third in nation in draw controls per game and first in conference



- CAMP SPONSORS -

Morgan Stanley
Doyle, Spencer, Cook Group



RENAISSANCE.
DEL MONTE LODGE
HOTEL & SPA



CONOLLY PRINTING

www.RochesterYouthCamps.com

Daily Schedule

- 8:45-9:00 Campers Arrive**
- 9:00-9:30 Warm-up and Stick Drills**
- 9:30-10:30 Shooting and Individual Skills**
- 10:30-10:45 Break**
- 10:45-12:00 Position Specific Instruction(A,M,D,G)**
- 12:00-12:45 Lunch**
- 12:45-1:00 Instructors Exhibition**
- 1:00-1:45 Team Concepts**
- 1:45-2:00 Break**
- 2:00-3:30 Scrimmages**

CAMP FEATURES & GIVEAWAYS



- Official Rochester Knighthawks Reversible Camp Jersey
- Lady Knighthawk Camp T-shirt
- Ticket To a 2012 Knighthawks Game
- Picture And Autograph Session With Pro Instructors
- Special Sessions For The Goalies

Insurance Waiver/Release

I, _____ parent/guardian of the camper, hereby authorize the staff of the Rochester Knighthawks Lacrosse Camp to act for me according to his best judgement in any emergency requiring medical attention and, if necessary, seek and provide appropriate medical attention for the camper. I will be responsible for the costs of medical attention and treatment. I hereby waive and release the Rochester Knighthawks Lacrosse Organization, Rochester Knighthawks Lacrosse Camp, Rochester Youth Camps LLC, its employees, agents and camp staff and facility from any and all liability for injuries or loss of property incurred while attending the camp. Parents must notify camp staff prior to commencement of the camp of any special health needs.

Signature

Date

Parent or Guardian's Health Insurance Company:

Please list any specific health needs we should know about your child:

Pricing:

Full Day Camp

- Regular Rate **\$279**
- Returning Camper **\$269**
- Multi Sibling Rate **\$259**
- Group Rate **\$239** (Min. 6)
- Goalie Rate **\$169**

Half Day Camp

- Regular Rate **\$169**
- Multi Sibling Rate **\$159**
- Group Rate **\$149** (Min. 6)

(Group Rate for 6 or more FULLY completed registration forms and deposits coming in the SAME envelope.)

Lunch, Add **\$30** and we will provide lunch every day (Pizza/sandwich with drink, fruit and dessert.)

A \$50 non-refundable deposit reserves your spot. Don't delay and miss out on a great experience!