

WAIVER

Please complete both sides of this sheet

I certify that the individual named on this application is in good physical condition and is capable of participating in this CAPITAL LACROSSE, LLC program. If medical attention beyond first-aid treatment is required, I understand that every attempt will be made to contact me at the emergency number provided. If contact with me is not possible, I give permission for medical attention to be administered. Furthermore, I hereby release, exonerate and discharge CAPITAL LACROSSE, LLC and its owners, officers and employees from any and all actions, claims, losses, causes of action and for any injuries or damages incurred while participating in, or traveling to and from, this program.

Parent/guardian signature _____

Participant's medical insurance co. _____

Policy number _____



ABOUT THE CAMP

Now entering its fifth year, the Commonwealth Lacrosse Camp provides high school aged boys both advanced personalized instruction and competitive game play. Enrollment is open to both individuals and members of attending teams.

Whereas most 'camps' focus almost exclusively on game play, the Commonwealth Lacrosse Camp prides itself on providing exceptional, personalized instruction from accomplished adult coaches.

A typical camp day consists of three sessions. Mornings are largely reserved for individual development by position, afternoons are for the teaching of team concepts, and evenings are filled with competition.

A very low counselor to camper ratio is maintained so as to ensure that each camper receives individualized instruction. By the conclusion of camp, each camper will see improvement in his own game and have a better understanding of the sport of lacrosse.

Finally, the Commonwealth Lacrosse Camp is one of the best camp values around. In addition to having access to first-class facilities, campers receive more sessions of instruction at a lower cost than at similar camps. Simply put, the Commonwealth Lacrosse Camp is one of the best teaching camps in the country for high school aged boys.

For more information, please visit:

www.capitallacrosse.com

or contact Camp Director Chris Swanenburg at:

443-690-7683

director@capitallacrosse.com



2012 RESIDENTIAL CAMP

FOR BOYS ENTERING GRADES 9-12



On the campus of
Virginia Tech

MONDAY, JULY 16
THROUGH
THURSDAY, JULY 19

CAMP STAFF

CAMP DIRECTOR Chris Swanenburg



Coach Swanenburg has taught countless college, high school and youth players for over two decades.

A 1990 graduate of Yale University, Swanenburg coached collegiately for 20 years, helping start two Division III programs and serving as the head coach at Division I Radford University. He has led teams to the NCAA Division I tournament as both a player and coach and is recognized as one of the top teachers in the sport. Four of his former players have gone onto successful professional playing careers.

ASSISTANT DIRECTOR Tony LePore



Coach LePore played collegiately at the Citadel and SUNY Geneseo before beginning a successful

coaching career in 2001. A former 'Coach of the Year' at Stonewall Jackson High School, Lepore presently serves as the Head Men's Lacrosse Coach at Northern Virginia Community College.

COACHING STAFF

The camp staff consists of some of the more accomplished coaches in the game. They include:

Joe Campagna, Woodbridge H.S. Head Coach and coach with the Generals Lacrosse Club

Ryan Gast, Osbourn H.S. Head Coach and former college head coach at Susquehanna University

Vic Goeller, Paul VI Catholic H.S. Head Coach and two-time US Lacrosse Coach of the Year

Keith Little, Former college assistant coach at both Catholic and Radford Universities

Phil Polizzotti, Westfield H.S. Head Coach and coach with the Generals Lacrosse Club

Geoff Rowland, New River Valley Lacrosse Club coach and former captain and assistant coach at Radford University

CAMP FEATURES

In addition to practicing and playing on well-maintained grass fields, campers will enjoy use of some of the finest college facilities in the nation:

Residence Halls

All campers will stay in suite-style rooms. All rooms are air-conditioned and have private bathrooms, carpeting and Internet access.



University Dining Facilities

Campers will enjoy all-you-care-to-eat meals in Virginia Tech's nationally acclaimed dining facility. The Princeton Review recently ranked Tech No. 1 in the nation for "Best Campus Food."



Recreational Facilities

Each evening, campers will have exclusive access to Virginia Tech's indoor swimming pool. Campers will also be able to use the university's bowling alley and game room.



APPLICATION

Please complete both sides of this sheet

Name _____

Street _____

City _____ State _____ Zip _____

Parents' names _____

Home phone _____

Emergency/Cell phone _____

e-mail address _____

Date of Birth _____ Grade (as of 9/12) _____

Position _____ Yrs Of Experience _____

Are you registering as part of a team? _____

If yes, which team? _____

Roommate request _____

I wish to enroll for the following:

- Residential Option (\$535)
- Commuter Option (\$395) *lunch & dinner provided*

Payment Options:

- Enclosed is a check to cover the entire camp fee
- Enclosed is a \$200 non-refundable deposit
(balance due by July 2, 2012)

Enrollment confirmation and check-in procedures will be delivered via e-mail

Please Make Checks Payable To:
Capital Lacrosse, LLC

Mail Completed Application & Payment To:
Commonwealth Lacrosse Camp
P.O. Box 1111
Newport News VA, 23601