MEN'S LACROSSE

SUMMER CAMP 2016

JUNE 20-24

LIBERTY FLAMES
Overnight campers should check in on Sunday, June 19.

MEN'S LACROSSE will host its third annual camp during the summer of 2016. Since its re-establishment in 2010, the men's lacrosse team has achieved great success and made significant strides in becoming a nationally recognized program. The team finished its 2015 season with a 10-5 record, earning a national ranking of No. 17 overall while competing at the MCLA Division I level. Under the direction of 2014 SouthEastern Lacrosse Conference (SELC) Coach of the Year Kyle McQuillan, the team has achieved a 54-19 record over the past five seasons. Liberty Men's Lacrosse demonstrates a commitment to athletic excellence and its founding principles of faith and character development. Coach McQuillan and his team of All-Conference and All-American players are excited to provide this same type of excellent instruction to young players seeking to improve themselves and their game.

**TENTATIVE DAILY SCHEDULE**

**MORNING SCHEDULE**
- 7 A.M. | WAKE UP
- 7:30 A.M. | DAY CAMPSERS ARRIVE
- 8 A.M. | BREAKFAST
- 9:15-11:30 A.M. | SESSION 1
- 12:45 A.M. | LUNCH

**AFTERNOON SCHEDULE**
- 1:45-3:15 P.M. | SESSION 2
- 4-5:30 P.M. | AFTERNOON ACTIVITIES
- 5:30 P.M. | DAY CAMPER PICKUP
- 5:30-6:30 P.M. | DINNER
- 6-10 P.M. | EVENING ACTIVITY/FREE TIME
- 10 P.M. | CURFEW
- 10:30 P.M. | LIGHTS OUT

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CAMPERS WILL LEARN:

SKILLS
- Passing and catching
- Ground ball fundamentals
- Ball control
- Dodging and protecting the stick

OFFENSE
- Shooting on the run
- Feeding
- Field awareness

DEFENSE
- Footwork
- Body positioning
- Stick skills

TEAM OFFENSE
- Creating space/cuts
- Cycling the ball
- Rides
- Man-up situations

TEAM DEFENSE
- Sliding
- Recovery
- Clears
- Man-down situations

OUR FACILITIES
- Shaw Sportex® synthetic turf field
- Home and visitor locker rooms
- Men’s lacrosse team room
- Team athletic training room with access to trainers
- East Campus residence halls for overnight campers

CAMPER ACTIVITIES
Camps will enjoy many of Liberty University’s recreational facilities, such as the Olympic-sized indoor pool and basketball courts in the LaHaye Student Union, paintball fields, skiing and snowboarding at the Liberty Mountain Snowflex Centre, and more.

CAMPERS WILL RECEIVE
- Camp pinnie
- Drawstring bag
- Shorts
- Water bottle
- T-shirt
- And more!

SAFETY
At the Men’s Lacrosse Summer Camp, your campers will enhance their playing skills in a safe, Christian environment. Our coaches will provide daily supervision, and an athletic trainer will be available during all on-field activity. In the event of an emergency, our on-campus police department will respond immediately.
REGISTRATION INFORMATION

AGE LIMIT: Ages 9-17 are permitted to attend camp, and rising seniors are also welcome.

PRICE: $550 for overnight campers and $275 for day campers. Cost includes camper apparel and meals.

DEADLINE IS FRIDAY, JUNE 3. Upon registration, a minimum payment of 50 percent of each camper’s total registration fee is required. The remaining balance must be paid by the first day of camp. Campers with outstanding balances will not be permitted to participate until payment is made in full.

CANCELLATION: All installments are considered final. In the event of a cancellation, all monies paid to date will only be refunded if the camper has purchased cancellation insurance.

Men’s Lacrosse Summer Camp pinnies, shorts, and shirts will be provided. It is the responsibility of the camper to provide their own equipment (stick, helmet, pads, etc.). Meals and snacks will also be provided.