



US Indoor Lacrosse
 P.O. Box 12104
 Charlotte, NC 28220

YOUR THE USA FUTURE



Paul Rabil



USA Camps
 Located Nationwide

NY ✦ NJ ✦ MA ✦ PA ✦ CT ✦ VA ✦ MD ✦ FL

Tel: 704.644.9990
 usindoorlacrosse.com

USA LACROSSE CHAMPIONSHIP CAMPS

The USA Lacrosse camp will focus on mastery of skill sets and high repetition drills to improve the players performance. We will use our skills as instructors, combined with our years of lacrosse experience to deliver quality instruction that is relevant to a player's current skill / talent level. Teaching will include the highest level instruction and analysis from current USA coaches, players and pro players, college players and coaches. Campers will learn the Team USA philosophy and National program routines. Topics include throwing, catching and shooting mechanics, individual position skills, in-game situations and lacrosse specific fitness training. Campers will participate in daily scrimmages and practice sessions.

REGISTRATION FEE

The registration fee for camp is by location. See your location for the fee, your registration fee includes a Team USA reversible jersey, water bottle & lunch on the last day of camp

WHAT TO BRING

Helmet, Mouthguard, Shoulder Pads, Rib Pads, Arm Guards, Gloves, Athletic Supporter, Stick, Cleats, Sneakers, Sunscreen & Lunch in a cooler or a bag (include campers name on outside)

HOW TO REGISTER

Mail in Registration Form on the back with a check made payable to USIL Inc. with your credit card information or Register Online. You can register at www.usindoorlacrosse.com or email camp@usindoorlacrosse.com or call 704.906.1777



Casey Powell

Team USA Coaches
 and National Program
 Coaches making
 Daily Appearances:

USA NEWS **Breaking News**

Team USA Players & Pro Players to make daily appearances at USA Lacrosse Championship Camps across North America.

Players to watch for:

Casey Powell	Mitch Belisle
Matt Alrich	Drew Westervelt
Brian Langtry	Matt Zash
Erik Miller	Jack Reid
Chris Schiller	Kevin Buchanan
Brendan Mundorf	Ryan Hotaling
Greg Downing	Kyle Hartzell
Sean Morris	Bill McGlone
Paul Rabil	& Many More

Kevin Finneran	Randy Fraser
Tom Ryan	Graham D'Alvia
Shaydon Santos	Jacques Bagley
Blane Harrison	Tony Ventiquattro
Keevin Galbraith	& Many More

FREE...

Each Camper receives a Full Year subscription to Inside lacrosse.



11 issues to your doorstep, including the highly publicized Recruiting Issue, Instructional Issue, NLL and MLL Issues.

USA CAMP HIGHLIGHTS

- * Elite Instruction from Pro Coaches, College Coaches, Pro Players and College Players from around the Country
- * 8:1 on-field camper to instructor ratio
- * Multilevel ability grouping
- * Daily emphasis on fundamentals, position training and scrimmaging
- * USA daily prizes and weekly awards, including sportsmanship, outstanding player and most improved

I hereby make application for admission to a USA Lacrosse Championship Camp

Camper Name: _____ Age: _____

First

Last

Mailing Address: _____ Grade: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____ Email: _____

Name of Parent / Guardian: _____

Person Paying Name: _____

Email: _____ Phone #: _____

Payment Type: Visa Mastercard Discover Check Deposit (50% +\$25 Reg. Fee) Full Payment

Credit Card #: _____ Exp. Date: _____

Please charge remainder on balance due date

Check Here to Donate \$1.00 to the US Indoor Lacrosse National Program - Your Contribution Will Go Directly to The US National Team Program - Team USA..... Thank you for your Support!

By submitting this application to US Indoor Lacrosse / USA Championship Camps, I affirm that I have read and agree to the USIL cancellation policy and hereby accept the terms of enrollment described in this brochure. Furthermore, I agree to pay all camp fees and authorize USIL to charge my credit card (if applicable).

SIGNATURE _____

Location:	Date:	Price
<input type="checkbox"/> Sea Isle, NJ	July 11-15	\$395.00
<input type="checkbox"/> Frederick, MD	July 18-22	\$295.00
<input type="checkbox"/> Easton, MA	July 25-29	\$395.00
<input type="checkbox"/> Katonah, NY	Aug. 8-12	\$395.00

Position: Attack Midfield Defense Goalie

Circle One

T-Shirt Size: S M L XL

Circle One

REGISTER ONLINE

WWW.USINDOORLACROSSE.COM

OR

MAIL REGISTRATION WITH

CHECK PAYABLE TO:

USA Lacrosse

Attn: Championship Camps

P.O. Box 12104

Charlotte, NC 28220

USA CAMP LOCATIONS



Dates: June-August

Locations: USA

Ages: U9 - High School

Time: 9am - 3pm

Cost: By Location

Instructors: USA National Coaches, Players & Pro Players

IT'S EASY TO ENROLL...

- * Tel: 704.644.9990
- * Fax: 704.973.9156
- * Online: usindoorlacrosse.com
- * Mail: P.O. Box 12104
Charlotte, NC 28220

PAYMENT TERMS: Payments can be made by Visa / Mastercard / American Express / Discover Online or by personal check (via mail) Payment - Due at time of registration

* \$25 per person non-refundable registration fee

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 for 1 year, for any USA Championship Camp transferable to an immediate family member. In the unlikely event USIL cancels a USA Championship 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.

TEAM USA



Keevin Galbriath

TYPICAL DAILY SCHEDULE

(Only an Example, Schedules Vary at Each Location)

- 9:00 Check-in (Roll Call)
- 9:05 Stretching - Dynamic
- 9:15 Team USA Drills
- 10:15 Position Work
- 12:00 Lunch & Camp Store Visit
- 12:50 Roll Call & Demonstrations
- 1:10 Stretching - Dynamic
- 1:20 1v1, 2v2, 3v3, Fast Breaks
- 2:00 Skill Contests, Camp Fun
- 2:15 Scrimmaging - Games
- 2:50 Camp discussion & Questions
- 3:00 Camper Departure

USA Lacrosse Championship Camps

Operated by US Indoor Lacrosse, LLC.

At the USA Lacrosse Championship Camps our goal is to enhance a love for the game by immersing you in the sport of Lacrosse and giving you the kind of focused, intensive training essential for your improvement. During your week at camp, your enthusiasm and self-confidence will grow along with your skills.

For additional details on any of our camp locations, please visit our website www.usindoorlacrosse.com or call 704.644.9990.

SPECIAL DISCOUNTS AVAILABLE !

Group Discount: If five or more campers register together, as a group by mail or fax, each camper will receive a \$25 discount. Late or individual registrations are not eligible to receive the group discount. All applications must be received at the same time via mail or fax. If your group wants to pay by credit card, email or fax the applications with all CC info on the forms.

Goalie Discount: To ensure each session has enough goalies for all activities, all goalies will qualify for a special \$25 discount. When registering for camp, clearly indicate that you are a goalie.



REGISTER ONLINE
WWW.USINDOORLACROSSE.COM OR
MAIL REGISTRATION WITH CHECK OR
CREDIT CARD INFORMATION TO:
USA Lacrosse
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PAST AND PRESENT INSTRUCTORS INCLUDE COACHES AND PLAYERS FROM:

USA Lacrosse National Teams
National Lacrosse League
Major Lacrosse League
University of Delaware
Syracuse University
Johns Hopkins

Princeton University
Susquehanna University
Michigan State University
Cornell University
Denver University
Manhattan College

Harvard University
Bowdoin College
Stonehill College
UCLA
Bucknell University
Salisbury University