

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

The Commonwealth Lacrosse Camp was created specifically for high school aged boys who desire both advanced individual instruction and competitive game play. Enrollment is open to both individuals and members of attending teams.

Campers will be provided with position-specific coaching in addition to being taught team concepts necessary for competition.

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 will be maintained so as to ensure that each camper receives plenty of 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 will receive more sessions of instruction (by accomplished adult coaches) 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



2011 RESIDENTIAL CAMP

FOR BOYS ENTERING GRADES 9-12



On the campus of
Virginia Tech

MONDAY, JULY 18

THROUGH

THURSDAY, JULY 21

CAMP DIRECTOR

CAMP DIRECTOR Chris Swanenburg



Coach Swanenburg has coached at the collegiate level for twenty years, seven of which were as the head coach at Division I Radford University. He is recognized as one of the top teachers in the sport, having helped develop countless players over the last two decades. Four of his former players have gone onto successful professional playing careers.

Swanenburg has participated in the NCAA Division I tournament as both a coach and player, most recently as a member of the Stony Brook University coaching staff. He is a 1990 graduate of Yale University where he was an All-Ivy League and All-New England goalie and member of two NCAA tournament teams.

CAMP STAFF

The Commonwealth Lacrosse 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

Tony LePore, Stonewall Jackson H.S. Head Coach and coach with the Stone-Bourn Militia lacrosse program

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

Craig Lunde, South Lakes H.S. Head Coach and former All-Ivy attackman at Yale University

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 9/11) _____

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 (\$525)
- 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 5, 2011)

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