

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

Entering its seventeenth year, the Commonwealth Lacrosse Camp provides high school aged boys both advanced, individualized 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 is committed to providing elite instruction from experienced and 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 professionally officiated game play.

A very low counselor to camper ratio is maintained so as to ensure that each camper receives personalized 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 nationally recognized facilities, campers receive more hours of instruction at a lower cost than at similar camps. Simply put, the Commonwealth Lacrosse Camp has established itself as one of the best teaching camps in the country for high school aged boys.

For more information, or to register online, please visit:

www.capitallacrosse.com

or contact Camp Director Chris Swanenburg at:

443-690-7683

director@capitallacrosse.com



2024 RESIDENTIAL CAMP
FOR BOYS ENTERING GRADES 9-12



*On the campus of
Virginia Tech*



THURSDAY, JULY 18
THROUGH
SUNDAY, JULY 21

CAMP STAFF

CAMP DIRECTOR Chris Swanenburg



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

ASSISTANT DIRECTOR Tony LePore



Coach LePore serves as the Head Coach at Division II Lander University in South Carolina. Prior to Lander, he was the Associate Head Coach at Belmont Abbey College. LePore has also coached at Marymount University and was the head coach at Northern Virginia Community College.

COACHING STAFF

Assisting the camp directors are accomplished, adult coaches. Many have two or more decades of coaching experience as *both* college and high school coaches. Their maturity and knowledge help campers learn what it takes to succeed both in high school and at the college level.



CAMP FEATURES

Campers at the Commonwealth Lacrosse Camp enjoy a full array of outstanding features:

Residence Halls

Campers reside in centrally located and newly-renovated, air-conditioned suite-style rooms with private bathrooms and Internet access.



Playing Fields

Campers practice and play on turf fields located just a short walk from the residence halls.



University Dining Facilities

Campers enjoy all-you-care-to-eat meals in Virginia Tech's award-winning and nationally acclaimed D2 dining center.



Recreational Facilities

Each evening, campers have exclusive access to the university's game room with unlimited free bowling, billiards and game play.

APPLICATION

Please complete both sides of this sheet

OR APPLY ONLINE AT WWW.CAPITALLACROSSE.COM

Name _____

Street _____

City _____ State _____ Zip _____

Parents' names _____

Home phone _____

Emergency/cell phone _____

Email address _____

Grade (as of 9/24) _____ Position _____

Are you registering as part of a team? _____

If yes, which team? _____

Roommate request _____

I wish to enroll for the following:

- Residential Option (\$699)
- Commuter Option (\$489) lunch & dinner provided

Payment Options:

- Please charge my credit card
(call 443-690-7683 to charge by phone)
Amount _____ Card type _____
Card number _____
Exp. _____ CVV code _____ Billing zip _____
- Enclosed is a check to cover the entire camp fee
- Enclosed is a \$200 non-refundable deposit check
(balance due by July 1, 2024)

Please Make Checks Payable To:
Capital Lacrosse, LLC

Mail Completed Application & Payment To:
Capital Lacrosse, LLC
126 Villa Road
Newport News VA, 23601