

Camp Highlights

- Small skill groups and dedicated instructors provide individual attention for each camper
- Speed and conditioning training
- 5v5 "Captain of the Ship" Tournament
- 12v12 and/or 7v7 games each night under the lights
- Information session on the college recruiting process
- Movie night
- Camp fun night
- TV lounges and supervised off-field activities including swimming, tennis, sand volleyball, and much more
- Camp awards will be given
- Lacrosse Olympics

Camp Schedule (subject to change)

Monday, July 18

- 1:00-2:00 PM Camp check-in, Heiges Field House
 4:15 PM Camp meeting, residence hall lobby
 5:00 PM Dinner, dining hall
 6:30 PM Meet in residence hall lobby to walk to field
 7:00 PM 12v12 and/or 7v7 games
 9:00 PM Campers assemble to walk back to residence hall; commuters free to go
 11:00 PM Lights out!

Daily schedule (Tuesday-Wednesday)

- 7:00 AM Wake-up
 7:30 AM Breakfast, dining hall
 9:00 AM Campers assemble in residence hall lobby to walk to field
 9:30 AM Technical skill sessions
 12:00 NOON Lunch, dining hall, and free time
 2:00 PM Tactical sessions, small-sided games, and competitive drills
 5:00 PM Dinner, dining hall
 6:30 PM 12v12 and/or 7v7 games
 8:30 PM Campers assemble to walk back to residence hall; commuters free to go
 9:00 PM Camp info session/movie night/fun night
 11:00 PM Lights out!

Thursday, July 21

- 7:00 AM Wake-up
 7:30 AM Breakfast, dining hall
 9:00 AM Campers assemble in residence hall lobby to walk to field
 9:30 AM Lacrosse Olympics
 11:00 AM Camper/Coaches Game
 11:45 AM Boxed Lunch
 12:00 NOON Closing ceremonies

REGISTER NOW!

Shippensburg University 2016 Summer Camps

| | | |
|-----------------------------------|---------------------------|------------|
| Shark Tank | Boys & Girls Grades 6-8 | June 6-10 |
| Boys Basketball Camp | Boys Ages 10-17 | June 19-22 |
| Girls Softball Camp I | Girls Ages 10-17 | June 19-22 |
| STEM: Tracking a Disease Outbreak | Boys & Girls Ages 12-15 | June 20-24 |
| Girls Basketball Camp | Girls Ages 10-14 | June 26-29 |
| Field Hockey Day Camp | Girls Grades 5-12 | June 27-30 |
| Forensic Science Camp | Boys & Girls Grades 10-12 | July 7 & 8 |
| Virtual Vacations Camp | Boys and Girls Grades 2-4 | July 11-15 |
| Chemistry Camp I & II | Boys & Girls Ages 8-10 | July 11-15 |
| Girls Volleyball Camp I | Girls Ages 12-18 | July 10-13 |
| Girls Softball Camp II | Girls Ages 10-18 | July 10-13 |
| Sprints & Hurdles Camp | Boys & Girls Grades 9-12 | July 17-20 |
| Girls Cross Country Camp | Girls Grades 9-12 | July 17-21 |
| Boys Cross Country Camp | Boys Grades 9-12 | July 17-21 |
| Tennis Day Camp | Boys & Girls Grades 3-8 | July 18-21 |
| Tennis Camp | Boys & Girls Grades 9-12 | July 18-21 |
| Lacrosse Camp | Girls Grades 6-12 | July 18-21 |
| Jumps Camp | Boys & Girls Grades 9-12 | July 24-27 |
| Throws Camp | Boys & Girls Grades 9-12 | July 24-27 |
| Girls Volleyball Camp II | Girls Ages 12-18 | July 24-27 |
| Field Hockey | Girls Grades 9-12 | July 24-28 |

Register NOW by calling (717) 477-1256

or

visit our website at www.ship.edu/camps

or

e-mail your request to sucamps@ship.edu



Girls' Lacrosse Camp



July 18-21, 2016

Director:

Ashley Manion, SU Head Women's Lacrosse Coach

Grades 6 to 12

Campers will be housed in air-conditioned residence halls!

WWW.SHIP.EDU/CAMPS

A member of Pennsylvania's State System of Higher Education. Shippensburg University is an equal opportunity educational institution. Direct requests for disability accommodations and other inquiries to the Office of Disability Services, Horton Hall 120, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1329, ods@ship.edu.

Registration Application

2016 SU Girls' Lacrosse Camp

For your convenience, the Conference Office offers on-line registration, payment, and printable brochures. Check out our website at www.ship.edu/camps.

Name _____

Address _____

City _____

State _____ Zip Code _____

Phone number (_____) _____

E-mail _____

Age _____ Grade in fall of 2016 _____

Parent/Guardian name _____

Daytime phone number (_____) _____

School attending _____

Coach's name _____

Roommate preference _____

(Only 2 campers per room)

Position _____ Years Experience _____

- Please check here if you plan to attend as a goalie. Goalies must provide their own equipment.

Level of play *(check one)*:

- Beginner Intermediate Advanced

Fees: Resident plan (all meals included) \$375

Commuter plan (3 lunches, 3 dinners) \$300

Payment Plan:

- Check or money order enclosed *(Please make check payable to "Shippensburg University")*
- Credit card payments and e-checks will be accepted on-line at www.ship.edu/camps as part of the registration process. If paying by credit card or e-check, full payment is required at the time of registration.



Application Information

Applications will be accepted up to one week prior to the start of camp. Applications submitted after that day will not be accepted. If paying with a credit card, full payment is required. If paying by check or money order, you have the option of paying the entire amount or submitting at least a \$75 deposit with the balance due one week prior to start of camp. An administrative fee of \$75 will be deducted from all refunds. No refunds will be given after on-campus check-in. The Conference Office reserves the right to cancel any camp which has insufficient enrollment up to two weeks before the opening of camp. A full refund will be given if the camp is canceled.

Send your application and payment to:

Conference Services
Shippensburg University
1871 Old Main Drive, Shippensburg, PA 17257-2299
Phone: (717) 477-1256

General Camp Information

Register early: Space is limited to facilitate individual attention.

Four-person suites will be assigned on a first registered, first accommodated basis.

Housing: Campers will be housed in new suite style residence halls. Amenities include: Air conditioning and a bathroom for every two campers. A pillow, one pillowcase and two sheets will be provided. You will need to bring towels, blankets and washcloths with you. Coin operated washers and dryers are available on each floor in the residence hall.

A **certificate of health** must be presented by each participant at the camp's registration. A standard form will be sent upon acceptance. ***This form does not require a physician's examination or signature.***

Health Services: The Etter Health Center is staffed and equipped to take care of minor illnesses and injuries that may arise during your stay on campus. For some emergencies, the staff may send you directly to a local hospital.

Disability Services: Requests for accommodations, auxiliary aids, or services must be made in writing to the Office of Disability Services at least fifteen (15) days before the camp begins. The Office of Disability Services is located in Horton Hall 120, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1329, ods@ship.edu.

Recreational facilities include: indoor swimming, indoor and outdoor basketball courts *(if available)*, outdoor volleyball courts, tennis courts, and handball courts.

WHAT TO BRING: Some personal items we suggest you bring include shorts, shirts, sweats, socks, sneakers, swimsuit, rain gear, sunscreen, and an alarm clock. (Resident campers should also refer to the **Housing** section for additional suggestions.)

Required lacrosse equipment: Lacrosse stick, mouth guard, and goggles are mandatory for participation in all lacrosse activities. Sneakers, turfs, and rubber cleats are permitted on Robb Field (no metal cleats are permitted). Goalkeepers must provide their own equipment. Water and ice will be available on the field, but players are encouraged to bring water bottles. **Please label your gear.** The university is not responsible for lost or misplaced belongings.



Camp Director

Ashley Manion is the seventh head coach at Shippensburg University. Coach Manion is a 2004 graduate of Lehigh University, where she was a four year starter. In 2003, as a captain, she helped lead the team to the Patriot League tournament. After graduation, Manion accepted the assistant coach position at Division I, Binghamton University. She helped build the program which was only in its third year of existence. After three years at Binghamton, Manion was named Head Women's Lacrosse Coach at Frostburg State University in Maryland. She led her team to post season play in 2 of her 4 seasons there. Manion took over the Shippensburg program in the fall of 2011 and is working on building it into a contender within the PSAC.

Staff

Staff coaches will include a select group of collegiate players. In addition to coaching responsibilities, these staff members provide direct support and encouragement as role models to developing players. Staff subject to change.

Goalkeeping Sessions

Goalkeepers will participate in specialized training sessions where they will work on technique, footwork, conditioning specific to the position, mental concentration, and confidence-building skills in the morning sessions. They will then join the field players for the afternoon and evening sessions.

Objectives

Our primary objective is to provide each camper with a positive lacrosse experience in order to encourage enjoyment of the game and continue the evolution of the U.S.'s fastest growing sport. Fundamental skills are emphasized and then combined with tactical instruction. Each day concludes with game competition, helping campers translate what they learn in their skill, and tactical sessions into success on the field.

- The camp is open to all girls grades 6 to 12. Please register early. Registrations are accepted on a first-come, first-served basis.
- Players will be grouped by age, experience, and ability level.
- All phases of lacrosse will be taught and practiced during the camp.
- Around the clock supervision will be provided for each camper.