CAMP STAFF

Director: Jason Allen
Jason Allen is in his first season as head coach of the Defiance College women's lacrosse program. The Yellow Jackets will be starting this season as a club program, before going into a full varsity season during the spring of 2014.

Allen comes to Defiance College after two years as an assistant with the women's lacrosse team at NCAA Division II Tiffin University. and six seasons as the head coach at Notre Dame Academy in Toledo, Ohio. Allen has coached women's lacrosse for seven years and also has over one decade of experience coaching soccer at the high school level.

Camp Coaching Staff:
The remainder of the camp coaching staff includes Rachel Swope (Assistant Coach at Notre Dame Academy) and players from the Defiance College women's lacrosse program.

Defiance College
Girls' Lacrosse Camp

July 6

2013

For Girls Grades 6-12

YELLOW JACKET LACROSSE

DEFIANCE COLLEGE

Lacrosse Camp Application

Name: _____

Address: _____

City: _____ State: _____

Zip: _____ Phone: _____

Cell Phone: _____

Parents' E-Mail Address: _____

Age: _____ Grade Level (**Fall '13**): _____

T-Shirt Size: YL S M L XL

Please send completed application and $75 to:
Defiance College Lacrosse Camp
Michelle Trubey
701 N. Clinton St.
Defiance, OH 43512

Waiver and Release

Name of Camper _____

In consideration of my child being permitted to participate in the Summer Lacrosse Camp, I, intending to be legally bound, do hereby for myself, my personal representative, heirs, and next of kin, release, waive, and forever discharge, and covenant not to sue Defiance College, the Defiance College Board of Trustees, Defiance College staff, or any of their employees, instructors, volunteers, agents and others who are involved in this activity, from all liability and for all loss or damage and any claim of damage, on account of injury or death to my child or property whether caused by negligence or otherwise while participating in the Summer Lacrosse Camp. I hereby state that my child is physically and mentally able to participate in the above referenced activity and has no health problems that would present risk in participating in this activity. I hereby give permission for transportation to any medical facility or hospital and I authorize for any qualified medical personnel to render necessary emergency medical care for my child.

I also understand that any participant who does not abide by the rules and regulations set forth by the camp and/or Defiance College is subject to dismissal without reimbursement or recourse.

_____
Printed Name of Parent/Guardian

_____
Signature of Parent/Guardian

CAMP INFORMATION

General Information:

The Defiance College girls' lacrosse camp is a beginner to advanced camp that will help new players understand the basics of lacrosse, or help the advanced players polish their skills and learn more advanced skills. The staff of current college coaches, local high school coaches and current college lacrosse players will guide participants to perform successfully on the field.

Eligibility/Cost:

The cost is $75 per participant. Each girl must pack their own lunch, as we will have 45 minutes for lunch time. Any girl entering grades six through 12 in the fall of 2013 is eligible to attend the camp.

Registration:

Please send application with completed waiver along with $75 to the address on the form. Confirmation of registration will be sent out 1-2 weeks before the start of the camp.

DAILY CAMP SCHEDULE

(TENTATIVE)

10:00 a.m. ..... Registration / Walk Ups
10:15 a.m. ..... Introductions / Stretching
10:35 a.m. .. Warm Up Exercises / GK Warm Up
11:00 a.m. ..... Team Stations / Relays
11:40 a.m. ..... Water Break
11:50 a.m. ..... Shooting Exercises
12:20 p.m. ..... Transition / Finishing Exercises
1:00 p.m. ..... Lunch
1:45 p.m. ..... Campus Tour
2:45 p.m. ..... Dismiss

Any Questions?
Call Jason Allen at (419) 438-9421