

Lady Bears Lacrosse Skills Clinic

Welcome to the Lady Bears Lacrosse Skills Clinic. We are committed to providing a strong, sound, & fun lacrosse experience based on the fundamentals and mechanics of the youth game. Our clinic will focus on drills that provide a solid foundation of skills that will help prepare players for the UALA or Middle School spring season. There will be a strong emphasis on stick work as well as offense and defense concepts to help refine each player's skills.



The Skills Clinics have a maximum number of spaces

...so please register early!

Please direct any questions, comments, or concerns to Coach Pinta:

ggallapoo@wowway.com

This clinic is sponsored by MFL Lacrosse Club. For more information visit: www.midwesterforc lacrosse.com

Sessions and Dates

The skills clinics are designed for instruction by **current 2011-12** grade levels. Please follow your grade level and do not register at a higher level. A limited amount of "loaner" equipment is available. Please let us know if you need equipment.

Bear Cubs (3rd & 4th)

- Saturday, March 10
- UAHS Freshman Gym 10:00-11:30 am
- \$20 per person
- This clinic will build on the fundamentals of the game: stickwork, cradling, catching, throwing, shooting, & dodging. Don't worry if you are new to the game, the camp is designed to meet the needs of players at all skill levels. Campers will need a stick, mouth guard, goggles, and a water bottle.

Youth Bears (5th & 6th)

- Saturday, March 10
- UAHS Freshman Gym 12:00-2:00 pm
- \$25 per person
- This camp will build on the fundamentals used at the youth level: stickwork, dodging, offensive strategies, & defensive positioning. Campers need their own stick, goggles, mouth guard, and water bottle.

Middle Bears (7th & 8th)

- Sunday, March 11
- Tremont Fields 12:30-3:30 pm
- \$35 per person
- This session will be comprised of two parts: small-sided games and drills designed to enhance your game: shooting, dodging, ball handling, etc. The first part will consist of skills and drills designed for the middle school player. The second part will be devoted to teaching the skills within game-like situations.

Staff: The LBL Clinic is directed by high school coaches Wendy Pinta & Sue Stimmel. They will be assisted by middle school & assistant high school coaches as well as various high school players.

Registration due by Feb. 24th Clinic Application

To enroll, fill in all required information on BOTH sides of this application and return with a check for the full amount. No refunds can be made after registration has been received. Make checks payable to "**Lady Bears Lacrosse Camps**" and write the name of the camper in the memo of the check. Mail to Lady Bears Lacrosse Camps, P. O. Box 20794 Columbus, OH 43220. Parent or Guardian must sign and initial as indicated on the form before registration is complete. You will receive a confirmation email. **Please complete one registration form per player.**

Camper Name (Last, First)

Email Address (please print clearly)

Home Phone

Emergency Phone

Cell Phone #1

Cell Phone #2

Current Grade

Camp Name

Parent(s)/Guardian(s) Name (Last, First)

Insurance Company
Number

Policy

Check Amount

Check Number

THE LADY BEARS LACROSSE SKILLS CLINIC



www.ualacrosse.org

*This activity is not sponsored by the Upper Arlington
City School District*

THE LADY LACROSSE BEARS DIRECTORS



**Head Coach UAHS
Wendy Pinta**



**Executive Head Coach UAHS
Sue Stimmel**

Emergency Medical Authorization

I (we) being the legal guardian(s) of the participant, authorize the Lady Bears Lacrosse Camps, its staff, directors, or agents to request medical treatment as may be deemed reasonable by the Lady Bears Lacrosse Camp to insure the well being of the Participant. I (we) have attached a written statement detailing all physical limitations, medications, allergies and/or medical conditions that be required and helpful in providing medical attention for the Participant.

_____ The Participant has had a satisfactory physical within the last year (initial).

_____ The Participant has permission to participate in the Lady Bears Lacrosse Camp (initial).

Signature of Guardian(s)

Waiver and Release

I (we) the undersigned, for ourselves, our heirs, executors, and administrators; waive, release, hold, harmless, indemnify, and forever discharge the Lady Bears Lacrosse Camps, its staff, directors, agents, representatives, employees, successors, and assigns from, any and all liability, claims, judgments, demands or damages arising out or in connections with bodily injuries, sustained by the participating during her participation in the Lady Bears Lacrosse Camps regardless of the nature or cause of such injuries.

By signing below, I (we) certify that the Participant is physically fit and capable of playing lacrosse; and, that I (we) have full and absolute authority to grant permission on behalf of the Participant. I (we) also understand that the Lady Bears Lacrosse Camp is not a function of the Upper Arlington City Schools.

Signature of Guardian(s)