CENTREVILLE WILDCATS LACROSSE CAMP
Sponsored by the Centreville HS Athletic Boosters

Camp Doctrine
Our intent is to help improve the abilities of our campers while working hard and having lots of fun. We are committed to equipping campers with the skills necessary to excel at the youth and high school level and beyond.

Camp Location and Information
Centreville High School
Athletic Fields
6001 Union Mill Road
Clifton, VA 20124

Dates: July 29-Aug 1
Camp Hours: 8:00 – 11:30
Ages: 8-17
Fee: $100 per player

Format
• Campers will learn and play lacrosse through various drills, scrimmages, and instruction. The drills are designed to teach athletes the individual and team skills necessary to be a successful player
• Individual Offense and Defense Instruction
• Individual Goalie Instruction
• Individual Face-Off/Draw Instruction
• Raffles throughout the camp

Camp Staff and Directors
• The staff will consist of the Wildcat Boys and Girls Lacrosse staff as well as special guests and alumni.

• Camp Directors are Jed Williams (Head Boys Varsity Coach), Christina Griel (Head Girls’ Varsity Coach) and Ryan Richardson (Junior Varsity Boys Lacrosse Coach).

What to Bring
• (Boys)Lacrosse stick, mouth guard, cleats, helmet, gloves, elbow & shoulder pads and protective cup
• (Girls) Lacrosse stick, mouth guard, cleats/tennis shoes, goggles
• Water bottle or small drink cooler

Equipment Rental
• If needed, limited quantities of rental equipment will be available (helmet with chin strap, shoulder pads, arm pads and gloves.
• Equipment must be reserved and paid for prior to the first day of camp.

(Boys) If rental equipment is desired, a non-refundable rental fee of $26.00 plus a SEPARATE CHECK for a refundable security deposit of $101 is required with registration form. ($101 deposit will be returned to player upon receipt of equipment in good condition) **Specify S, M, L or XL
(Girls) Please let us know ahead of time if you are in need of a sticks or goggles. Equipment will be rented out with no charge.

More Information
• $100.00 includes instruction and camp pinny per session.
• Certified Athletic Trainers will be on site. http://cvhsboyslacrosse.weebly.com
Coach Richardson (Boys): 703-581-5529
Coach Griel (Girls): 703-915-2068 cgriel@fcps.edu
I give consent and approval for my child’s participation in the Wildcat Lacrosse Camp. I will not hold the camp responsible in case of accident or injury as a result of participation. I hereby authorize any medical treatment, which may be advised by an attending physician while my child is enrolled in the program.

I have read and agreed to the above:

Signature:______________________ Date:__________________________

Is there anything we should know about your child?
____________________________________________________________________________________________________________
____________________________________________________________________________________________________________

Weight:_______ Height:_______

Please Circle Camp that you are participating in:

**Boys’ Session** – July 29-Aug 1 ($100)    **Girls’ Session** – July 29-Aug 1 ($100)

NAME: _____________________________________________________________

ADDRESS:__________________________________________________________

PHONE:__________________________ E-MAIL: ___________________________ POSITION:________________________

AGE: _______ BIRTH DATE: ___________________ NUMBER OF YEARS PLAYED: _______________________________

EMERGENCY CONTACT: ________________________________________________

DOCTOR’S NAME: ___________________________ DOCTOR’S PHONE: ________________________________

Pinny Size: ____________________ Equipment Rental Size: ____________________ (N/A if own equipment)

No guarantee participant will receive a pinny if application is not received within 4 weeks of the camp start date.

* Camp Fee may be combined with Equipment Rental Fee when paying. HOWEVER, the $101 Refundable Deposit for rental equipment must be a separate check. If equipment is returned in good condition, this refundable deposit check will be returned to player upon return of equipment on the last day of camp. (There is a $25 fee for all returned checks.)

* Make check(s) payable to CENTREVILLE HS ATHLETIC BOOSTERS -Write CVHS Boys LAX Camp / CVHS Girls LAX Camp on memo line and mail along with application to:

Centreville Lacrosse Camp
Attn: Activities Office
6001 Union Mill Road
Clifton VA 20124