

Sign-Up Today!



# Lacrosse Camp



UPHS' "Lax Camp" is designed for campers (both boys & girls) of all experience levels – beginner to advanced – and is open to rising kindergartners thru rising 9<sup>th</sup> graders. During this 3-day camp (half-days), Coaches, Players & Trainers from UPHS' Athletic Department and Lacrosse programs will coach, teach, & mentor participants on the fundamentals of lacrosse, sportsmanship, and being a team player.

### Camp Information

**Dates:** July 6-8, 2020 (Mon -Weds)  
**Time:** 8:30-11:30 AM  
**Location:** Union Pines High School  
1981 Union Church Rd  
Cameron, NC 28326  
**Cost:** \$50.00 (includes T-Shirt, drinks & Snacks)  
**Ages:** Rising Kindergartners thru Rising 9th graders  
**What to Bring?** Drink container | Lacrosse Stick | Mouth Guard | Sunscreen (\*Campers may wear cleats or tennis shoes.)

### Camp Focus

**Fundamentals of Lacrosse**

- ❖ **The Game** (History, How its Played, Basic Rules)
- ❖ **Foundational Skills** (cradling, scooping, throwing, catching, dodging, & shooting).
- ❖ **Offensive Fundamentals**
- ❖ **Defensive Fundamentals**
- ❖ **Fitness, Nutrition, & Safety**
- ❖ **Team Building Activities**
- ❖ **Game Play** (Putting it all together)
- ❖ **Having fun!**

(\*\*A certified Athletic Trainer will be on-ste throughout Camp.)

----- Tear Along Here -----

## 2020 UPHS Lax Camp Application

### Camper Info: (Please Print)

**Name:** \_\_\_\_\_  
**Gender:** ( Boy / Girl ) | **Age:** \_\_\_\_\_ | **Grade:** \_\_\_\_\_  
**School:** \_\_\_\_\_

### Parent / Guardian Info:

**Name:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
**City** \_\_\_\_\_ **Zip:** \_\_\_\_\_  
**Phone #:** ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

### Emergency Contact Info

**Name:** \_\_\_\_\_  
**Phone #:** ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

**Release Statement:** I THE UNDERSIGNED WILL NOT HOLD THE UNION PINES HIGH SCHOOL (UPHS), EMPLOYEES, COACHES, OR OTHER CAMP PERSONNEL RESPONSIBLE FOR ANY ACCIDENTS OF INJURIES MY CHILD MAY EXPERIENCE WHILE HE/SHE IS ATTENDING THE UPHS LACROSSE CAMP. I ALSO GIVE UPHS LACROSSE CAMP STAFF PERMISSION TO SEEK OR TAKE IMMEDIATE MEDICAL ACTION IF NEEDED IN TREATING ANY INJURY SUSTAINED WHILE ATTENDING UPHS LACROSSE CAMP. I ALSO UNDERSTAND THAT UPHS OR ASSIGNED/DESIGNATED PERSONNEL IS NOT RESPONSIBLE FOR ANY LOSS OF PERNAL PROPERTY.

### Parent / Guardian

**Signature:** \_\_\_\_\_  
**Date:** \_\_\_\_\_

QUESTIONS??? - Please contact Coach Tabitha Moses | [tabithatmoses@gmail.com](mailto:tabithatmoses@gmail.com) | (703) 309-1909