



OUR PHILOSOPHY

Seminole Camps is a teaching camp designed to make you a better player. We will work on your current skills & introduce you to the same strategies, tactics & techniques we teach our own players. We strive to provide lacrosse players with a fun & exceptional experience; one that will better their game. We instill a positive foundation for the sport by teaching players to honor & respect the game.

WHAT WE TEACH



Each Camper will:

- Improve their game through innovative drills & games designed to increase your position skills as a player.
- Be exposed to college, high school & club coaches who will break down your position to the “little things” that will elevate your performance
- Receive individual instruction in the areas of shooting, checking, saving, stick handling & dodging.
- Be exposed to coaches who can offer you guidance & help prepare you for your middle school & high school seasons, or a college lacrosse career.



PASSIONATE STAFF

Our staff is comprised of dedicated coaches and players who aspire to teach the game one player at a time. Their aim is to share the strategies & tactics that have earned them the pinnacle of success.

COACH BILL HARKINS

Head Coach, FSU Men’s Lacrosse
Asst. Coach, German National Team

COACH JEFF GOLDBERG

Head Coach, St. Andrew’s

COACH MATT WAESCHE

Asst. Coach, FSU Men’s Lacrosse

HOUSING

All camp activities will be conducted on the campus of Florida State University, where campers will be housed in double rooms/ 2 campers per room. Roommate requests will be honored whenever possible.

THE RULES



- Each camper must bring his own stick, helmet, pads, gloves, shoes & mouthguard. In addition, one set of single sheets, a pillow, pillow case, towels & soap should be included in the list of items a camper should bring to FSU.
- All campers must remain on campus at all times. The entire staff is housed with the campers throughout the week which creates opportunities for them to interact with the coaches both on & off the playing field.
- All campers will be required to attend all sessions & comply with all the rules & regulations governing the conduct of the camp participants. Any violation or abuse of these rules & regulations will result in immediate dismissal from camp without a refund.

THE SCHEDULE

- 7 AM Wake up
- 7:30 AM Breakfast
- 9 - 11 AM Morning Session
- 11:30 AM Lunch
- 1:30 - 3 PM Afternoon Session
- 3:30 PM Free Time
- 4 - 5:30 PM Late Session
- 6 PM Dinner

All meals will be served in an air-conditioned dining hall. Campers enjoy a menu specifically designed for them with no limits on what they eat or drink. (Included in camp fees)

2010 LACROSSE CAMP REGISTRATION FORM

Day Overnight

Name _____

Address _____

City _____ State ____ Zip _____

Home # _____

Cell # _____

E-mail _____

Age ____ Date of Birth ____/____/____ Years Played ____

Height ____ Weight ____ Position _____

School _____

High School Middle School Grade Completed _____

Roommate Preference _____

Emergency Contact _____

Relation to Player _____

Contact’s Phone # _____

Alternate # _____

Insurance Provider _____

Member # _____

Group # _____

I request that the athlete named above be admitted to and I authorize the Directors and Coaches to act for me according to their best judgment in any emergency requiring medical attention. I waive release and forever discharge Seminole Camps it’s officers, directors, staff, agents, representatives, employees and assigns of and from any and all rights and claims for damages to person or property which may be sustained or occur during participation in camp activities.

Parent’s Name _____

Parent’s Signature _____

Date _____

SIGN UP

- Complete the Registration Form
- Make checks payable to: **Seminole Camps, LLC**
 - Day Camp Cost: \$250.00 / Overnight Camp: \$450
 - \$ 50 Deposit (Non-refundable after 6/1/09)
 - Balances due: NO LATER than 6/1/09
- Mail to: **Seminole Camps**
5 Hargrove Grade
Palm Coast, FL 32137
- Online Payment:
www.active.com/event_detail.cfm?event_id=1698030

SIGN UP BY APRIL 15

\$ 25 OFF

■
**SIGN UP WITH A
GROUP OF 10 OR MORE**

\$ 25 OFF



Registration Deadline June 1st!

■
Enrollment Limited!

To insure the best possible teaching environment,
camp enrollment is limited. Apply early.

Walk-ups accepted if space is available.

■
Bring your own equipment!

Stick skills development & fundamentals

■
Individual positional instruction

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**Innovative & fun drills for positional
development**

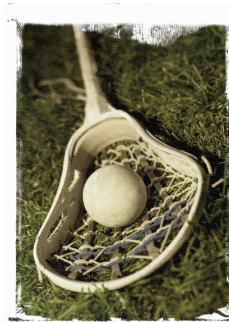
■
Team drills & Team game

■
Wrap up, Summary & Contests

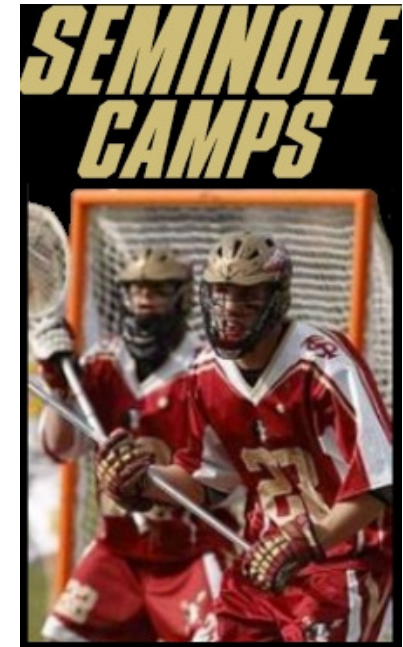
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Choose day overnight camp

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**Reversible, water bottle &
giveaways provided!**

**Join as an individual or
come as a team!**



Lacrosse Camp Info: www.fsulacrosse.com
E-mail coachharkins@fsulacrosse.com



Lacrosse Camp
AT
FLORIDA STATE UNIVERSITY



June 13th - 16th

Varsity **JV** **Boys**
(10-12th Grades) (7-9th Grades) (Grade 6 & Under)