

GIRLS' LACROSSE

**SUMMER ATHLETIC CONDITIONING CAMP
JULY 28 - AUGUST 1**

The Trabuco Hills Girls' Lacrosse Summer Camp is designed for new and returning players. During this week long camp, all girls will be introduced to the fundamentals of lacrosse, conditioning, and game situations to prepare all athletes for tryouts in early February. This is an opportunity for all athletes to learn this new sport so they are prepared for competition in the spring.

NO EXPERIENCE REQUIRED

RETURNING LACROSSE PLAYERS

WHEN: July 28 – August 1, 2008
WHERE: Trabuco Hills Stadium
TIME for RETURNERS: ... 9:00-11:00am
WHAT TO BRING: lacrosse stick, goggles, colored mouth guard, water
COST: \$25.00 (checks payable to SVUSD)

NEW LACROSSE PLAYERS

WHEN: July 28 – August 1, 2008
WHERE: Trabuco Hills Stadium
TIME for NEWCOMERS: .. 8:00-10:00am
WHAT TO BRING: lacrosse stick, goggles, colored mouth guard, water
NEED EQUIPMENT?: we do not have team equipment, but there are a few players who are willing to let new girls borrow their sticks.
COST: \$25.00 (checks payable to SVUSD)

To register, please mail the lower portion of this form and send a check (payable to SVUSD) to:

**Trabuco Hills High School
Attn: Girls' Lacrosse – Mr. Mann
27501 Mustang Run
Mission Viejo, CA 92691**

If you have any questions, then please feel free to email or call Mr. Mann (scott.mann@svusd.org, 949-768-1934, www.mustanglax.com)

In order to plan for this summer camp, please have your registration form submitted by **Friday, June 15, 2008**. Please be certain to have a **Physical Screening** on file with the school before the camp begins or you may not participate. THHS offers Physical Screenings for \$25.00 (checks payable to THHS Athletics; bring your student ID) on **Thursday, June 5, 2008**. Returning athletes/high school students may come from 2-4pm and incoming freshmen may come from 4-7pm (in the THHS Auxiliary Gym).

GIRLS' LACROSSE REGISTRATION FORM

Name _____

Address _____

Phone _____ Email _____

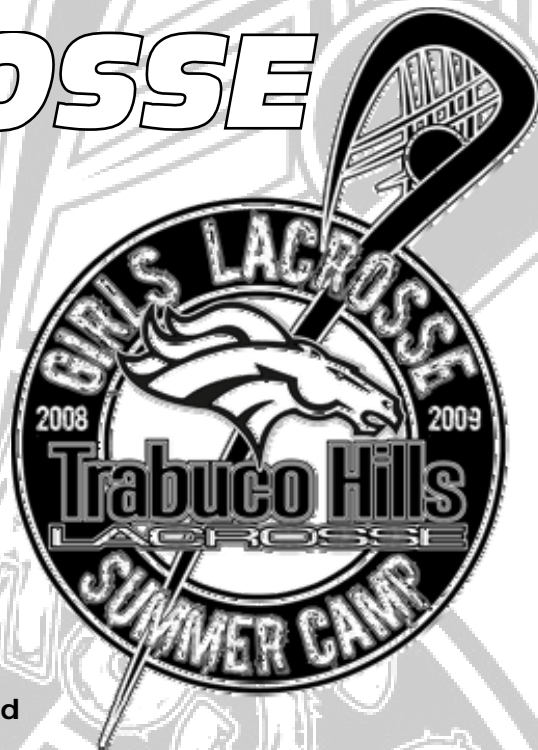
Parents Names _____

Grade (Fall 2008): 9th 10th 11th 12th

Camp Level (circle one): Beginner (no experience)

Returning Players

Check Number _____ Date Received _____



Girls' Lacrosse – Frequently Asked Questions (gLAX FAQs)

I have never seen the sport of Girls' Lacrosse and do not know what to expect.

Girls' Lacrosse involves a similar amount of running as in soccer, combined with the offensive and defensive fundamentals taught in basketball, with the hand eye coordination of hockey or tennis. This sport is not physical like Boys' Lacrosse. Soccer and basketball have more physical contact than Girls' Lacrosse.

I have never played lacrosse, how can I expect to learn a new sport?

Every year, we have girls who tryout for lacrosse and not only make the team, but become impact players at every level. There are many girls who came out to play lacrosse and end up being starters on the Varsity team in their first year. Besides girls with lacrosse playing experience, we have had impact players who only had experience in soccer, basketball, cross country, tennis, golf, or hockey.

What if I am not certain I will like lacrosse and I don't wish to invest in the equipment?

While it is important for each student-athlete to have their own equipment (e.g. softball: glove, hockey: stick, tennis: racket, or golf: clubs), I understand money might prevent a girl from trying something new. Please do not hesitate to contact Coach Mann to see if the team might have a stick you can borrow for the week. A few players have additional equipment they may be willing to share.

Where can I find some lacrosse equipment for this camp?

South Swell Sports in Laguna Woods and Lax Monkey (within Hawk Hockey) in Santa Ana are your best stores. Equipment may also be purchased online from Harrow Sports through the Trabuco Hills Team Store. Sports Chalet and Chick's Sporting Goods have a limited quantity of sticks and goggles.

I am interested in playing lacrosse, but part of the camp conflicts with another camp or my family's vacation.

Attend for as many days as possible. There is no replacement for the interaction you will have with the lacrosse team, but sometimes conflicts exist. Learning the skills taught in one day is much better than nothing at all. This will also provide you with the opportunity to practice with the girls who you will play lacrosse with in the spring and you will get to know the coaches as well.

This camp is only one week long, how can they possibly learn the sport of lacrosse?

Most camps spend a majority of the time conditioning. The purpose of this camp is to focus on lacrosse fundamentals to prepare girls to play competitive lacrosse. Our short amount of time is used to develop lacrosse skills including stickwork, shooting, and defense related to the team.

If I really want to learn more about lacrosse, shouldn't I attend a lacrosse camp hosted by a local university instead?

Attending as many clinics and camps as possible is definitely important to student-athletes developing into strong lacrosse players, but there is no replacement for learning to work with the girls who are a part of the Trabuco Hills Lacrosse Program.

Finally the skills learned at this camp will help students to understand the importance of a positive team atmosphere and will prepare athletes for other sports in the fall as well.