



July 16 – July 19, 2018
 9am-12pm
 Toms River High School North Turf
 Grades K-9 (Boys and Girls entering 9th
 grade)

“Soft Lacrosse”

Grade K-2 (Sticks only. No equipment.)

Campers will enjoy complete use of the
 High School North Stadium including:

- Turf Field
- Game Nets and Goals
- Press Box
- Bathrooms
- Concession Stand
- Air-conditioned cafeteria for film sessions!

Campers will receive:

- Lacrosse Practice Jersey
- All-Shore T-Shirt (If registered by June 2nd)
- Top-notch instruction from a diverse experienced Coaching Staff and some of the premier Div. I, II and III players in the game today.

Camp Philosophy: We pledge to offer student-athletes the best possible lacrosse instruction within one fun-filled week.

The All-Shore Coaching staff believes in breaking down the game of lacrosse into the finest details. We will cover all areas of lacrosse including:

- Individual position work
- Stick Skills
- Shooting
- Dodging
- Defensive position and checks
- Transition offense and defense
- Face-Off play
- Goalie Play
- Man-Up/Man-Down (Boys)
- College Recruiting Seminar
- And much more!

Daily Schedule for most days will be:

| | |
|--------------|----------------------|
| 9:00-9:10 | Stretch |
| 9:10 – 9:30 | Warm-Up/Stick skills |
| 9:30 – 10:00 | Position Stations |
| 10:00-10:10 | Water |
| 10:10-10:45 | Demo/Discussion |
| 10:45-11:15 | Group Drills |
| 11:15-12:00 | Small Group Games |

Individual Lessons!!

12:00 – 1:00

- Specific instruction in a 1-on-1 or small group setting
- You choose the topic!!

ALL-SHORE LACROSSE CAMP

Name: _____

___ Girls’ ___ Boys’ ___ Soft Lax

Grade: _____ Age: _____ Position: _____

Address: _____

Home Phone: _____

Parent(s) Cell Phone(s)

Emergency Contact Person(s)

Emergency Phone Numbers:

E-mail: _____

US Lacrosse Number: _____

(Necessary for participation)

Payment: Cash/Check Payable to All-Shore Lacrosse

\$150.00

Please Check One:

___ \$50.00 Deposit (Non-refundable after 6/2)

___ \$150.00 Paid in Full (Non-refundable after 6/16)

___ \$125 sibling discount (Non-refundable after 6/16)

Individual Lessons: \$40/hour

Please indicate Day(s) and hours: _____ / _____

Insurance Information

Coverage for accidental injury is required by all participants. In most cases, your family health insurance will be sufficient. Campers will not be allowed to play unless the following information is submitted and the form is signed by a parent or legal guardian of the camper:

_____/_____
Camper's Health Policy
Insurance Company Number

Emergency Medical Treatment Authorization

I/We, the undersigned, hereby certify that I/we are the parent(s) and/or legal guardian of the camper and give permission to the All-Shore Lacrosse Camp staff to seek proper medical attention as necessary to insure the well being of my child.

_____/_____
Parent/Guardian Date

Waiver and Release

I/We, the undersigned for ourselves, our heirs, executors and administrators, waive, release, and discharge the school district and All-Shore Lacrosse Camp, its staff, officers, agents, employees, representatives, successors and assign of and from all rights and claims for damages, injuries, or loss of person or property, which may be sustained or occur during participation in camp activities or while at camp whether or not damages, injuries, or loss is due to neglect.

_____/_____
Parent/Guardian Date

**For Insurance purposes, ALL campers must be US Lacrosse Members. Please bring your US Lacrosse number to registration. You can become a member at www.USLacrosse.org

Camp Staff:

Brett Smith

Former Head Boys' Lacrosse Coach
Toms River High School North

- 2 Time NCAA All-American
- Roanoke College Athletic Hall of Fame,
- Professional indoor lacrosse in the MILL
- 2007 Observer Coach of the Year

Nick Caruso

Head Men's Lacrosse Coach
Director, Team 91NJ Lacrosse
Region 19 Champions - 2017
Former Head Coach – Jackson Memorial HS

- 2006, 2011 Coach of the Year

Kerry O'Donnell

Head Coach – Gannon University Erie, PA
Former Head Coach – Georgian Court University

Nick Farrar

- Defensive Coordinator, Jackson Liberty HS
- Former Offensive Coordinator – Ocean County College
- Montclair State University Defenseman

Mike Alfieri

- Head Coach – Toms River East High School
- Shore Conference Coach of the Year - 2017

Other Members of the Team 91NJ Coaching Staff!

Come enjoy a week of fun-filled lacrosse, learn about the special techniques that make great players and improve your game!

Mail Registration Form to:

Brett Smith
700A Signal St
Lanoka Harbor, NJ 08734
732.604.5512
www.AllShoreLacrosse.com

ALL-SHORE LACROSSE CAMP 2018



BOYS AND GIRLS DIVISIONS!!

JULY 16– JULY 19
9AM –12PM

TOMS RIVER HS NORTH TURF
WWW.ALLSHORELACROSSE.COM