

Elevated Lacrosse Camp coached by AGHS Varsity Staff

at Harmony Park

230 W Harmony Rd West Grove PA

Motivate. ELEVATE. DOMINATE.



Coaching Staff

- Eric Jackson- Avon Grove Head Coach, 2 time PA coach of the year.
- Brian Wallace- All American-Howard County, Avon Grove assistant coach.

When: July 10th - 13th, 9a-3p

Who: Boys in K - 9th grade

Contact:

dandeckelbaum@gmail.com

Cost:

- Registration by April 30th: \$230
- Group (5 + mailed together) by April 30th: \$215
- Price after April 30th: \$250
- Price at the door: \$275
- 1/2 day for campers 7 & under (9am-12:15pm): \$150



Current Professional Players as guest coaches

Avon Grove Alumni and current NCAA players coaching all week!

Elevated Lacrosse Camp Director

-**Dan Deckelbaum**-University of Delaware Grad, degree in Health and Exercise Science. Dan is a licensed personal trainer, state and district champion coach. He has helped dozens of players on their way to play top NCAA lacrosse. At UD: 4 Year Starter, Final 4 Participant & All-American. Current Avon Grove offensive coach, 2 time assistant coach of the year. Former Major League Lacrosse & National Lacrosse League player.

- **Take Advantage of the opportunity to learn from the boys varsity lacrosse coaching staff of Avon Grove High School. We will improve your game and have an awesome time while doing it. Player to coach Ratio approximately 12-1. Every day will be split between lacrosse instruction, games, competition and a variety of sports activities. Come see us on the field and Take YOUR game to the next level.**

- Feedback has consistently been that Elevated Lacrosse Camps are the most fun campers have all Summer!

- Every player will get an Elevated Lacrosse shirt, there will be a Stylin' Strings demo and prizes the last day of camp (StylinStrings.com). Take a look at their site. Campers get a 10% discount.

- Players need full lacrosse equipment, a pinnie and a water bottle. Optional pizza lunch will be sold daily for \$5 per camper. We will provide water. Friday July 14th is the rain out make up day.

- **Mail check and waiver to Elevated Lacrosse at 230 Sharp Rd, Avondale Pa, 19311. Checks made out to Elevated Lacrosse. Please Include email address and camper's age with check!! Waiver @ elevatedlacrosse.com**

Follow Elevated Lacrosse! Instagram: [Elevated_Lacrosse](https://www.instagram.com/Elevated_Lacrosse) Twitter: [DDs_ElevatedLax](https://twitter.com/DDs_ElevatedLax)

Player's Name(s) and age(s): _____

CAUTIONS, CONSIDERATIONS, AND RESPONSIBILITIES TO INCREASE SAFETY AND FOR SAFE ENJOYMENT OF ELEVATED LACROSSE CAMP:

Lacrosse is a highly competitive, fast action game in which physical contact is inevitable. Because of the speed and intensity with which the game is played, players, their families and the coaching staff must accept and share certain responsibilities to enhance safety and enjoyment for the participant.

Responsibilities include:

PREPARATION FOR CAMP

1. Wear all protective equipment including mouth guards, helmets (boys), goggles (girls), pads and other equipment required by rule to every session unless otherwise indicated by a coach.
2. We will stretch thoroughly and jog easily to warm up.
3. Wear clothing that is appropriate for humidity and temperature (Sunscreen is recommended).
4. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if impairment affects judgment or perception.
5. Players should drink as much water as possible before camp and make sure to eat a healthy breakfast (carbs- fruit , bread or a bagel, are ideal before physical activity). In hot, humid weather players should consume AT LEAST 6-8 glasses of water between 10 AM and 3 PM.

CAUTIONS SPECIFIC TO LACROSSE

1. THE BALL - The ball is lifted into the air leading to the possibility of a player being struck on the body. This usually will result in bruises, but in unusual cases when a player is hit in the head, it may cause a more serious injury.
2. THE STICK - It is probable for players to be struck by a stick during the normal course of play. Players are urged to be alert to situations which could be dangerous.
3. WATER - Frequent drink breaks will be scheduled during sessions, and players should hydrate themselves as frequently as they feel necessary (We will never say you cannot get a drink).

EMERGENCIES

Because of the nature of lacrosse, injuries can occur. Most will be minor and can be managed with first aid. All injuries must be called to a coach's attention. However, some may need more intense management and may also require players to:

1. Stop all practices, scrimmages, or drills.
2. Call a coach to manage the situation.
3. Sit or kneel in close proximity.

INSURANCE

Athlete's accident insurance is not provided by Elevated Lacrosse and PT or the venue where the camp or training is being held. All medical expenses incurred by an athlete must be paid by the parent and/or their insurance policy. I, the undersigned, understand that I must use my own accident insurance.

Otherwise, I realize that my son/daughter will not be covered by accident insurance.

ACKNOWLEDGEMENT

I certify that I have read and understand the cautions, considerations, and responsibilities required for participation in an Elevated Lacrosse Program.

X _____
Parent Signature and Date

Cell Phone Number