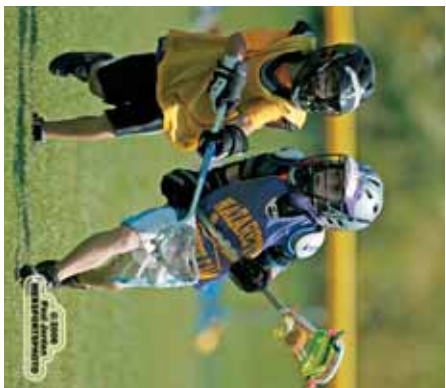


Players will have the opportunity to play on our newly expanded practice fields and our new, state of the art, lacrosse stadium.



Daily Schedule:



- 9:30-10:00 am ■ Stretching and stick drills
- 10:00-10:40 am ■ Positional instruction (goalies will have extra individual preparation)
- 10:40-10:50 am ■ Water Break
- 10:50-11:30 am ■ Game situations (transitions, etc.)
- 11:30-12 noon ■ Coach's corner (helpful hints to improve your game)
- 12:00-1:00 pm ■ Lunch
- 1:00-1:30 pm ■ Individual Instruction (dodging, defense faceoffs, shooting)
- Swimming Pool
- Daily Contests
- 1:30-2:00 pm ■ Team Practice
- 2:00-4:00 pm ■ League Games

Other Activities to Include

Daily Fastest Shot & Accuracy Contests

Equipment Checklist

Stick ■ Gloves ■ Arm Pads ■ Shoulder Pads ■ Helmet
Mouthpiece ■ Cleats/Sneakers ■ Water Bottle

Please call (585) 389-2809 or email rrendal5@naz.edu if you will need equipment.



NAZARETH COLLEGE

www.naz.edu/dept/athletics/lacrosse/mens/index.html



Boys Ages 8-18

July 7th-11th, 2008

The Tradition Continues...

3-Time National Champions
6-Time National Championship Appearances
17 NCAA Play Off Appearances

Nazareth College Lacrosse Camp



Location: Nazareth College
July 7th-11th, 2008
Time: 9:30 am - 4:00 pm
Cost: \$265.00

Total cost includes the finest individual and team instruction, all you can eat lunch, a new reversible jersey and custom Nazareth Lacrosse apparel.

CAMP STAFF:

Rob Randall, Head Coach, Nazareth College

In his eighth season at Nazareth, Randall has more than 20 years of coaching experience. A junior college All-American as a player at Herkimer Community College and Nazareth's Offensive MVP in 1987, Randall was head coach at Sacred Heart for four years, an assistant at West Point for three years and head coach at Geneseo for one season before taking over at Nazareth in the fall of 2000.



Ben Wineburg, Head Coach, SUNY Brockport

Wineburg became the first head coach of the Golden Eagles' lacrosse program in the fall of 2000 after serving as an assistant at Nazareth. Wineburg was a two-time All-American goalie for Nazareth and was named Division III Player of the Year in 1996 after leading the Golden Flyers to the national championship.

Ryan Martin, Assistant Coach, Nazareth College

Captain, All-American goalie, Ithaca College '03

Local High School Coaches:

- Mark Rice - Penfield
- Randy Garrett - Fairport (Former)
- Mike Gottko - Rush Henrietta
- John Pratt - Irondequoit (Former)

Local Youth Coaches From:

- Fairport
- Irondequoit
- Penfield
- Victor
- and more

On the cover: 2x All-American Bryan Adams.

About the Camp:



Nazareth College Coach Rob Randall and his staff are planning the 21st year of lacrosse camp. Rochester's most popular camp since 1988 will include extensive individual instruction, along with daily participation in actual games. The goal of the camp is to teach the fundamentals of lacrosse, while ensuring that each player leaves with a new appreciation for the game. Beginners are encouraged to attend. No experience is needed.

Camp staff will include Nazareth College players and alumni, as well as top college players from some of the best lacrosse programs in the country. Nazareth College Lacrosse Camp will also feature some of the best local high school and youth coaches.

A certified athletic trainer will be present at all camp activities.

For Further Information:



Contact **Rob Randall** at:
(585) 389-2809 or rrandal5@naz.edu
<http://www.naz.edu/dept/athletics/lacrosse/mens/index.html>
or

Nazareth Lacrosse Camp

Attn: Rob Randall, Director
4245 East Avenue, Rochester, NY 14618-3790



1st Team All American/Rochester Rattlers Player Chad Amidon.

Please fill out the following application and return it with a deposit of \$65.00 to:



Nazareth Lacrosse Camp
Attn: Rob Randall, Director
4245 East Avenue
Rochester, NY 14618-3790



Location: Nazareth College
When: July 7th-11th, 2008

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Age: _____ Height: _____ Weight: _____

Position: _____

School: _____

Grade: _____

Parents Email Address: _____

For Further Information:

Contact Rob Randall at:
(585) 389-2809 or rrandal5@naz.edu
<http://www.nazathletics.com>

800