

# NAZARETH COLLEGE GIRLS LACROSSE CAMP

## INSURANCE POLICY ACKNOWLEDGEMENT

### Family Accident Insurance Coverage with:

\_\_\_\_\_

I hereby attest that my daughter is of sufficient fitness of mind and body to participate in the rigors of this lacrosse camp and declare that I have accident insurance with the above-named company and that any occurring injuries will be charged to my policy. I hereby give my consent for my child's participation in this camp.

### Signature of Parent or Guardian:

\_\_\_\_\_

Date: \_\_\_\_\_



*Junior: Nora Davis E8 conference and All-Region selection*

## Daily Schedule:

Campers will be put into groups based on their age and skill level.

9:00-9:15 am.....Arrival, check-in, attendance

9:15-9:45 am..... Warm-ups and stretching

9:45-11:15 am.....Skill Stations

11:30 am -12:30 pm ..... Lunch

12:00-1:00 pm..... Pool and Videos

1:00 pm..... Coach's Corner and  
..... Demonstrations

1:15-1:45 pm..... Warm-ups and  
..... team practices

1:45-3:15 pm..... Team Games  
..... (full and half field)

3:15 pm..... Cool down and  
..... daily contests/drawings

3:30 pm..... Camper pick-up

\*\*Each camper is responsible for providing her own: stick, mouthpiece, protective eyewear, and labeled water bottle. Swimsuit and towel if planning to swim at lunch time.

\*\*Goalkeepers should bring their own equipment. Call Coach Lian at 585-389-2835 or e-mail at [tlian9@naz.edu](mailto:tlian9@naz.edu) if there is a problem.

# NAZARETH COLLEGE Girls Lacrosse Camp



**June 29 - July 3, 2009  
9:00 am - 3:30 pm**

**Cost \$225**

**(Lunch, reversible jersey,  
t-shirt included)**

**Beginners and JV Level  
Ages 8-16**

*Varsity Level coming in 2010!!*

# CAMP APPLICATION

Campers Name \_\_\_\_\_ Age on June 29, 2008 \_\_\_\_\_

Grade Just Completed: \_\_\_\_\_ School: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Expected level of play for 2009-2010 up-coming season: Youth Modified Jr. Varsity

Check here if you are a Goalkeeper: \_\_\_\_\_ T-shirt Size (circle one): YS YM YL Adult Sm Adult Med Adult Large

Home Phone #: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Parent or Guardian Signature: \_\_\_\_\_

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

Nazareth Girls Lacrosse Camp

Attn: Traci Lian, Director

4245 East Avenue

Rochester, NY 14618-3790

For further information contact Traci Lian at: (585) 389-2835 or  
tlian9@naz.edu

**\*\*Please make all checks payable to:  
Traci Lian, Director**

## About the Camp:

Nazareth College Coach and alum Traci Lian and her staff are planning a girls' lacrosse camp that includes individual instruction and game opportunities.

The goal of the camp is to give individual instruction on stick skills, positional skills, and game-like situations. Daily stations will cover every aspect of the game and campers will have the opportunity to practice their skills in half-field and full-field games in the afternoon.

Varsity players will get advice on the college application and recruiting process.

Camp staff will include Nazareth College players and alumni, as well as area youth, high school, and college coaches.

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

## For Further Information:

Contact Traci Lian at:  
(585) 389-2835 or  
tlian9@naz.edu  
www.nazathletics.com



Senior Maggie Mullin: E8 All-conference and All-Region selection



## Nazareth College Lacrosse Camp

Location: Nazareth College

June 29-July 3, 2009

Time: 9:00 a.m.-3:30 p.m.

Cost: \$225

Total cost includes individual and team instruction, all you can eat lunch, reversible practice jersey, and Nazareth Lacrosse camp t-shirt.

## Camp Staff

**Traci Lian—Director, Head Coach, Nazareth College**

Coach Lian is in her first season as coach of the Golden Flyers after serving as head women's lacrosse coach at SUNY Brockport for the six seasons.

A 2000 graduate of Nazareth, Lian was a standout student-athlete in field hockey and lacrosse. She was a second-team Empire 8 Conference lacrosse all-star in 2000 and helped Nazareth to its first NCAA Tournament appearance that season.

While at Brockport, Lian helped spearhead dramatic improvement in the women's lacrosse program. Her six-year record of 62-31 included several school records for wins and scoring. She was named SUNYAC Coach of the Year in 2007 and led the team to an ECAC Upstate New York Championship in 2008. Lian has worked the Nazareth Girls Lacrosse Camp for 11 years, including the past five years as the assistant director.

**Carly Ritchlin—Asst. Director, Head Coach, SUNY Geneseo**

Ritchlin is a native of Penfield and a 2001 graduate of SUNY Cortland. After five seasons as head coach at Geneseo, she has compiled a 58-20 record and an ECAC championship in 2004.

While at Cortland, Ritchlin set a school record with 33 assists in a season and led the Red Dragons to three SUNYAC Championships and NCAA Appearances.