

## The Lacrosse School at Colby College

Waterville, ME July 5 – July 9, 2006

Cost - \$ 485.00

(Please print or type)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Ht. \_\_\_\_\_

As of September 2006 I will be attending:

School \_\_\_\_\_ Position \_\_\_\_\_

Grade \_\_\_\_\_ Coach \_\_\_\_\_

Yrs. Played \_\_\_\_\_ Roommate Pref. \_\_\_\_\_

In case of medical emergency, I understand every attempt will be made to contact parents or guardians. If they cannot be reached, I hereby give my permission to the physicians selected by the camp director to hospitalize and secure medical treatment for my child.

The person enrolling at The Lacrosse School, his parents or legal guardian, assume all risk for loss of property or injury to the person, including injuries resulting in death caused by or incidental to dangers associated with lacrosse activities and agree that there are certain inherent dangers related to lacrosse and therefore, agree to hold The Lacrosse School, its director and employees harmless and specifically agree not to make any claim against said camp for any injuries which would normally be considered to be risk to participate in lacrosse.

Date \_\_\_\_\_

X \_\_\_\_\_

### *Parent or Guardian*

Precautions the camp director should be aware of such as allergies, diabetes, recent illness, etc: \_\_\_\_\_

A \$100.00 Non-refundable deposit payable to: **"The Lacrosse School"** must accompany this application. The balance due is payable at registration.

## Medical Coverage

We have a staff of highly qualified trainers. If a youngster is not feeling well or is injured the trainer will give immediate medical assistance. If the injury requires further attention, we take the player to the MaineGeneral Medical Center at which time we contact the parent or guardian. THE PARENT OR LEGAL GUARDIAN IS RESPONSIBLE FOR ALL HOSPITAL, PRESCRIPTIONS, LABORATORY AND DOCTOR'S FEES. Please indicate below your insurance information.

\_\_\_\_\_  
*Company Policy No.*

### **Send Application to:**

Rob Quinn

Men's Lacrosse Coach

Colby College

4920 Mayflower Hill • Waterville, ME 04901-8849

Tel. 207.859.4920

Access an application at the website below.

[www.colby.edu/athletics/teams/lacrosse\\_mens/camp/index.shtml](http://www.colby.edu/athletics/teams/lacrosse_mens/camp/index.shtml)



**Rob Quinn**  
**Colby College**  
4920 Mayflower Hill  
Waterville, ME 04901-8849

**The Lacrosse School**  
**at Colby College**

# The Lacrosse School at Colby College 2006



## BOYS OVERNIGHT CAMP

(ages 9-17)

July 5 – July 9

*Located in Waterville, Maine*

# The Lacrosse School at Colby College

## Camp Director \_\_\_\_\_



**Rob Quinn**  
Men's Lacrosse Coach  
Colby College

Rob Quinn, an All-America midfielder from Westfield State College, begins his fifth season as head coach of men's lacrosse at Colby and the director of

**The Lacrosse School at Colby College.** Four years ago Quinn led the Mules to the NESCAC tournament championship game and the team finished the season ranked 17th in the country. Quinn received NESCAC and NEILA (New England region) Coach of the Year honors.

Quinn previously coached at the University of Hartford (1990-92), perennial national power Roanoke College (1992-94), and New England College (1995-2001), compiling an 80-25 record. At NEC he turned a struggling program into a national tournament participant, was honored twice as Coach of the Year, and won three conference titles. He has served on the Division III All-America selection committee and the Division III National Tournament Advisory Committee. Currently Rob is serving a three year term on the Men's Lacrosse Rules Committee. Quinn surpassed the century mark in wins in the spring of 2002 after 14 years of college coaching, 13 as a head coach, and his career coaching record stands at 113-75. In the fall of 2002 Quinn was inducted into the Westfield State Athletics Hall of Fame.

## Camp Objectives \_\_\_\_\_

Campers will take part in an intense lacrosse program in which each player will receive special attention and help according to their individual needs. Our main goal is to develop stick skills, team play and "lacrosse sense" so that each player can become more knowledgeable and better able to apply these concepts to game situations. The philosophy of **The Lacrosse School at Colby College** - improve through hard work while having fun - will permeate through each session.

## Beautiful Location \_\_\_\_\_

The camp will be held on the beautiful 714-acre Colby College campus. The use of the Colby campus means that all structured activities will be on Colby's practice/game fields. The Olympic size indoor pool will be available.

### REGULATIONS

Each camper must provide their lacrosse stick, helmet, mouth guard, elbow pads, shoulder pads and gloves with *sneakers/turf shoes* and *cleats*.

### THE LACROSSE SCHOOL at COLBY COLLEGE DAILY SCHEDULE "WE TEACH FUNDAMENTALS"

7 a.m	Wake-up
8 a.m	Breakfast
9:15-11:15 a.m	Warm-up
	Fundamental Session/Individual Skills
Noon	Lunch/Rest
2:00-4:00 p.m	Specialized Training Instruction
	Team Instruction
4 p.m	Free Swim
5 p.m	Dinner
6:15-8 p.m	Games
8:30-10 p.m	Movies, Free Time, Free Swim
10:15 p.m	Lights Out



## Important Facts \_\_\_\_\_

### APPLICATION/REGISTRATION

All applicants who are in good physical shape between the ages of 9-17, and whose application meet with the director's approval will be admitted. However acceptance will be on a first come, first served basis and enrollment will be limited. *We therefore urge you to get your application in early.*

Mail application with **non-refundable** \$100 deposit to:

**Rob Quinn**  
Men's Lacrosse Coach  
Colby College • 4920 Mayflower Hill  
Waterville, ME 04901-8849

**The balance is to be submitted on July 5<sup>th</sup>, 2006**

### DIRECTOR'S TELEPHONE/EMAIL

Rob Quinn  
Office: 207.859.4920 • Email: rpquinn@colby.edu

### REGISTRATION

For all campers is 2-4 p.m. at the Mary Low Commons.

## Housing / Meals \_\_\_\_\_

Residence Halls will be located on the west side of campus. Campers will be housed in the Mary Low Commons. Roberts Union and Dana Hall provide a wide variety of choices to satisfy even the finicky eater. All you can eat meals with buffet style lunches, an extensive soup and salad bar and hot meals are served three times daily. Colby College dining services has most recently been ranked in the top ten in the country.

## Goalie Training \_\_\_\_\_

Don Glover, Goalie Director at The Lacrosse School, coordinates the "Goalie Pavilion" and is a valuable asset to the camp. As the Head Varsity Coach at Brunswick High School in Maine and a former NCAA goalie at Springfield College, he knows the intricacies to developing a goalie to his fullest abilities. Your camper will receive specialized training including, video analysis of each warm up session, skills testing, and a written evaluation.