

# The Lacrosse School at Colby College 2009



**BOYS OVERNIGHT CAMP**  
(Ages 9-17)  
June 27 – July 1  
Located in Waterville, Maine

**The Lacrosse School**  
**At Colby College**  
Jon Thompson  
Colby College  
4920 Mayflower Hill  
Waterville, ME 04901-  
8849

## The Lacrosse School at Colby College

June 27 - July 1, 2009 • Cost - \$495.00

(Please print clearly)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail \_\_\_\_\_

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

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

As of September 2009 I will be attending:

School \_\_\_\_\_ Grade \_\_\_\_\_

Position \_\_\_\_\_ Coach \_\_\_\_\_

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

Participant Agreement

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 \$250.00 Non-refundable deposit payable to: "Good to Great Lacrosse" 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 Maine General 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:

Jon Thompson  
Men's Lacrosse Coach Colby College  
4920 Mayflower Hill • Waterville, ME 04901-8849  
Tel. 207.859.4920

# Camp Director

Jon Thompson  
Men's Lacrosse Coach  
Colby College

Jon Thompson, who played and coached at Brown University, has been named as the new head coach of the Colby College men's lacrosse program. Thompson was the offensive coordinator for Brown the last two years and helped the Bears lead the Ivy League in shooting percentage. Thompson and second-year Brown head coach Lars Tiffany helped the Bears to an 18-10 record over the past two seasons. The Bears went 11-3 this past season, took a 6-5 win over Princeton University in the Ivy League title game, and finished 13th in the final NCAA Division I poll.

# Assistant Camp Director

Kristofer Koerber  
Assistant Men's Lacrosse Coach  
Colby College

Kristofer Koerber, a defensive standout for Wheaton College, enters his third season as an assistant coach with the Colby men's lacrosse team. Koerber anchored the Wheaton defense as a four-year starter for the Lyons from 2003 to 2006. Following graduation, Koerber moved to Australia where he led the North Adelaide Red Roosters on the field. He returned to back to the United States and joined the Colby staff as assistant coach with responsibility of directing the defense.

# Camp Objectives

Campers will participate 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 focus on the fundamentals, including the development of stick skills, team play and "lacrosse sense" so each player can become more knowledgeable and be better able to apply these concepts to game situations. The philosophy of The Lacrosse School, to improve through hard work while having fun, will permeate each session.

# 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 pickiest eater. All you can eat meals with buffet style lunches, an extensive soup and salad bar and hot meals are served three times daily.

# Typical 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
- 2-4 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

# 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 also be available.



# 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 in 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.



# Important Facts

## REGULATIONS

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

## APPLICATION/REGISTRATION

All applicants who are in good physical shape between the ages of 9-17, and whose application is approved, will be admitted. However acceptance will be on a first come, first served basis and enrollment will be limited. We therefore urge you to submit your application early. All accepted applicants will receive confirmation information via email or mail. **Checks should be made payable to: Good to Great Lacrosse**

Mail application with non-refundable \$250 deposit to:  
Jon Thompson  
Men's Lacrosse Coach  
Colby College • 4920 Mayflower Hill  
Waterville, ME 04901-8849

**The balance is to be submitted on June 27th, 2009**

**DIRECTOR'S TELEPHONE/EMAIL**  
Jon Thompson-Office: 207.859.4920 Email:  
colbylacrosseschool@gmail.com

## REGISTRATION ON JUNE 27TH

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

