

# Play Great Lacrosse Camps

## 2012 BROCHURE AND APPLICATION

TOP FLIGHT INSTRUCTION FROM OUTSTANDING COACHES  
IN A POSITIVE, EXCITING AND FUN LEARNING ENVIRONMENT!

OVER THREE DECADES OF LACROSSE CAMP TRADITION

### Boys Instructional Camp and Play Great Goalie Academy

**For Ages 8-18**

July 8 – July 11, 2012

(Sunday—Wednesday)

AT WASHINGTON AND LEE UNIVERSITY, LEXINGTON, VA

### Shooting Skills Academy

**For Ages 12-18**

*2 Sessions*

**June 24-27, 2012**

AT LIMESTONE COLLEGE, GAFFNEY, SC

(Sunday– Wednesday)

**July 22-25, 2012**

AT WASHINGTON AND LEE UNIVERSITY, LEXINGTON, VA

(Sunday– Wednesday)



REGISTER ONLINE AT  
[WWW.PLAYGREATLAX.COM](http://WWW.PLAYGREATLAX.COM)

***GREAT INSTRUCTION  
GREAT FACILITIES!  
GREAT FOOD!  
GREAT PEOPLE!  
GREAT FUN!***

### **Gene McCabe**

Head Men's Lacrosse Coach at W&L  
Camp Owner / Director

11 Sellers Avenue, Lexington, VA • 24450

**Telephone:** 540.463.5331    **FAX:** 540.458.8173

[MCCABEE@WLU.EDU](mailto:MCCABEE@WLU.EDU)

**Fax:** 540.458.8173





# PLAY GREAT LACROSSE

LACROSSE CAMPS @ WASHINGTON & LEE UNIVERSITY

Check box to choose your camp

- June 24-27, 2012     July 8-11, 2012     July 22-25, 2012
- SHOOTING SKILLS ACADEMY    INSTRUCTIONAL CAMP    SHOOTING SKILLS ACADEMY
- at Limestone College, Gaffney, SC    And Play Great Lacrosse Academy    At W&L, Lexington, VA

Short Size: YM \_\_\_ YL \_\_\_ AXS \_\_\_ AS \_\_\_ AM \_\_\_ AL \_\_\_ AXL \_\_\_  
 Reversible Jersey Size: Youth \_\_\_ Adult \_\_\_  
 Date of Birth: \_\_\_/\_\_\_/\_\_\_ Grade in September 2012: \_\_\_ Age when camp starts: \_\_\_

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home Phone Number: \_\_\_\_\_ Preferred E-mail: \_\_\_\_\_  
 School: \_\_\_\_\_ Coach Name: \_\_\_\_\_

Coach e-mail: \_\_\_\_\_  
 Position: (Circle All That Apply)    Attack    Midfield    Defense    Goalie

**Camper Designation:** \_\_\_ Boarder (dormitory/cafeteria) \$ 465  
 \_\_\_ Non-Boarder (lunch and dinner only) \$300

**Roommate Preference:** Both persons must state that preference on their applications. Requests will be honored when possible, but not guaranteed.

1: \_\_\_\_\_ 2: \_\_\_\_\_

- ENCLOSED:**
- \_\_\_ \$100 non-refundable deposit
  - \_\_\_ \$ 50 Fully Refundable Key Deposit given at checkout (separate check please)
  - \_\_\_ My child's completed Health Record Form and Signed Waiver
  - \_\_\_ Copy of Insurance Card (front and back)

**Optional items:**

- \_\_\_ \$ 50 Roundtrip Ground Transportation (Roanoke or Charlottesville Airport)
- \_\_\_ \$ 20 Early arrival lodging fee (the night before camp starts)

- Additional Info:**
- \* Please make checks payable to **Play Great Lacrosse, LLC**
  - \* Campers signing up for both sessions must include \$200 deposit
  - \* Full Payment due no later than 30 day prior to start of camp
  - \* \$100 refund only if cancelled with in one month of the start of camp

In case of Emergency, Notify: \_\_\_\_\_

Phone: \_\_\_\_\_ Parent Email : \_\_\_\_\_

Parent Cell Phone Number (s): \_\_\_\_\_

**Return completed application to:** Play Great Lacrosse L.L.C.    Fax # 540-458-8173  
 11 Sellers Avenue    Phone: 540-463-5331  
 Lexington, VA 24450    e-mail: mccabee@wlu.edu

## THE FACILITIES

The University Fitness Center is a state-of-the-art complex, integrated in a 1900's colonial refurbished building. The facility is for use of the entire university community; students, faculty, staff,



Washington and Lee boasts the finest outdoor athletic facilities for any NCAA Division III school, highlighted by a \$16 million



and student-athletes to benefit in all aspects of health and fitness. The structure itself is an architectural marvel. The "T-Shaped" lay-out allows all user groups to work in undisturbed unity with the new state-of-the-art equipment.



renovation of Wilson Field Stadium, the home field for men's lacrosse. In the midst of a Strategic Initiative which has featured an upgrade of athletic facilities, several projects are also on the books for years to come. In addition to many top-notch game venues, lacrosse campers will have access to many excellent natural grass playing surfaces.

## THE LOCATION

Located in the historic city of Lexington (population 7,000), Washington and Lee University is in the heart of the Great Valley of Virginia. W&L's principal buildings include the picturesque Washington College group forming the Colonnade facing Lee Chapel. The Colonnade and Lee Chapel are National Historic Landmarks. Campers are housed in university residence halls. All meals are served through the university's top notch cafeteria located in the state of the art Elrod Commons. Nearby Roanoke, offers flights into the region and camp staff is available for transportation from the airport to the University.



# CAMP PROGRAM HIGHLIGHTS

## A COMPLETE EXPERIENCE



**PLAY GREAT LACROSSE** Instructional Camps offers camp participants quality instruction in position specific technical skills and team tactical strategies. Experienced coaches work with athletes on an individual, small group, and team basis. Lectures, training films and on-the-field instruction allow campers to get the most from their camp experience in a fun positive learning environment. Team competition allows players to fine tune lacrosse skills and develop game awareness. To learn more about the curriculum design for each camp visit our website at [www.playgreatlax.com](http://www.playgreatlax.com)

### Other Features

- ↷ Reversible Jersey
- ↷ Lacrosse Shorts
- ↷ Great Food
- ↷ Great Raffle Prizes
- ↷ Indoor swimming pool
- ↷ Film Session Opportunities
- ↷ Certified trainer on duty
- ↷ Indoor training available



### DAILY TRAINING SCHEDULE

8:00 am	Wake Up and Breakfast	3:45 pm	Pool Time, Rec Time, Rest Time
8:30 am	Day Campers Arrive	5:00 pm	Dinner
9:00 am	Technical coaching and Individual skill instruction	6:30 pm	Competitive Games
11:30 am	Lunch	8:30 pm	Recreation - Movies & Snacks
1:30 pm	Competitive Small Group Drills	8:30 pm	Day Campers depart
		10:30 pm	Lights out— DORM COUNSELORS ALWAYS ON DUTY

## WHAT YOU NEED TO KNOW ABOUT PLAY GREAT LACROSSE CAMPS

### **Cost of the Program**    **OVERNIGHT CAMPERS \$465**    **DAY CAMPERS \$300**

The total cost for each **PLAY GREAT LACROSSE** Camp is \$465 for boarders and \$300 for non-boarders. The fee includes use of all facilities, meals (three meals a day for boarders, two meals a day for non-boarders), sleeping accommodations (for boarders only), instruction, films, lectures, reversible jersey, and lacrosse shorts. If you are **flying** to the area we can arrange ground transportation to and from either Roanoke or Charlottesville Airport for a \$50 fee.

### **Registration CHECK IN AND CHECK OUT TIMES**

#### **PLAY GREAT LACROSSE Instructional Camp July 8-11th**

Check in starts on Sunday at **1:00 PM**

Checkout starts on Wednesday at 11:00 AM

#### **PLAY GREAT LACROSSE Shooting Skills Academy (Both Sessions)**

Check in starts on Sunday at **3:30 PM**

Checkout starts on Wednesday at 11:00 AM



### **To Apply**

**Register on-line** and use your credit card to make your payment! You can also call us at 540-463-5331 or simply fill out the attached application and return it with full payment or a non-refundable deposit of \$100 per camp to the address below. Make checks payable to **PLAY GREAT LACROSSE L.L.C.**

**What to bring:** Lacrosse gear, mouthpiece, bedding for standard twin, towels, soap, shampoo, clothing for 9 sessions, swimsuit, cleats, athletic sneakers for astro turf field, and a fan for your room (for Washington and Lee Campus Only).

**Register online at [www.PLAYGREATLAX.com](http://www.PLAYGREATLAX.com)**

# ***A GREAT STAFF— “WE ARE TEACHERS FIRST”***



## GENE MCCABE, CAMP DIRECTOR & OWNER

Coach McCabe is in his 6th season as head men's lacrosse coach at Washington & Lee. In 2011 the Generals finished 2nd in the ODAC in the regular season. In 2010 the Generals finished the season 11-5 and were ranked in the USILA coaches poll top 20 throughout the regular season. In 2009 the Generals defeated #1 ranked Roanoke College for the ODAC Championship and advanced to the 2nd round of the NCAA tournament with an overtime win over FDU-Florham. McCabe was named conference coach of the year. McCabe is no stranger to W&L lacrosse, having served as an assistant lacrosse and football coach for the Generals from 1998-2001. During his three seasons with the lacrosse team, the Generals posted a 43-5 (.896) overall record and a 17-1 mark in the Old Dominion Athletic Conference while achieving a No. 1 National Ranking in 1999 and 2001. Additionally, W&L won two ODAC Championships and participated in the NCAA Tournament twice, advancing to the semifinals in 2000. After a successful run with the Generals, McCabe left for Hamilton College in January 2002, steering the Continentals to a 54-18 (.750) overall record. His 2003 team finished the season with a school record 15 wins (15-3), claimed the Liberty League title and advanced to the NCAA Quarterfinals. For his efforts, McCabe was named the Liberty League Coach of the Year and USILA Division III National Coach of the Year. McCabe and his staff were also selected the Liberty League Coaching Staff of the Year following an 11-3 season in 2006. In five seasons, McCabe mentored 8 Generals to USILA All-America accolades.

## NAT ST. LAURENT— CAMP DIRECTOR

St. Laurent completed his second season as offensive coordinator and recruiting coordinator at W&L. Prior to coming to W&L he was the Head Men's Lacrosse Coach at Ferrum College. He has also served as the offensive coordinator at Division I Virginia Military Institute. Nat played high school ball at Carthage High School in NY, the same high school that produced the Powell Brothers. Nat has 12 years of camp coaching and directing experience. His particular expertise is teaching the art of shooting.

## CHUCK O'CONNELL— GOALIE DIRECTOR

Chuck O'Connell is an assistant coach for the Generals. He is the co-coordinator on the Generals EMO unit which led the nation in scoring percentage in 2009. O'Connell has a history with W&L lacrosse, having served as an assistant coach from 1974-83 and as a volunteer goalie coach for several years after being promoted to assistant athletic director and, later, interim athletic director. During his time at W&L, O'Connell has coached seven All-America goalkeepers, five men and two women. He is a 1965 graduate of Denison University, where he was a two-time All-American and a member of the school's athletic hall of fame. He is also a member of the Ohio and Maryland Lacrosse Halls of Fame. O'Connell is a past president of the USILA and the US Lacrosse Coaches Association.

## KEVIN KILEY— CAMP DIRECTOR

Kevin Kiley is in his first season as an assistant coach with the men's lacrosse program in 2011-12. Most recently, Kiley was an assistant football and assistant lacrosse coach at Williams College from 2006-11. On the lacrosse field, he served as the team's defensive coordinator for four seasons and he was the offensive coordinator in 2011, while also assuming the duties of recruiting coordinator. During his time with the program, the Ephs won their first-ever conference championship and achieved their first appearance in the NCAA Division III Tournament in 2008. On the football field, he coached the defensive line and helped Williams to a 26-6 record over the last four seasons. Kiley has also held assistant coaching stints at St. Andrews Presbyterian (2005-06) and St. Lawrence (2003-05). He is a 2003 graduate of Colby College where he earned a bachelor of arts in classical civilizations and was a three-year starter for the lacrosse team. He later earned a master of education in education administration from St. Lawrence in 2005.

## ***MANY MORE GREAT COLLEGE & HIGH SCHOOL COACHES AND COLLEGE PLAYERS ON OUR STAFF EVERY YEAR INCLUDING***

MIKE CERINO—Head Coach of the MLL Charlotte Hounds  
PAUL GILBERT—HEAD COACH, CAPE FEAR ACADEMY, 14th YEAR  
STEVE SZLASA— DREW UNIVERSITY '87 & FORMER ASST at UVA  
IAN YORK— Assistant at the Churst Church School and AA defenseman at HampdenSydney  
VINCE SMITH—Head Boys Coach at Christ Church School, VA, AA - HSC '07

***CHECK OUT OUR CAMPER PLAYER AND PARENT TESTIMONIALS PAGE ON OUR WEBSITE at [WWW.PLAYGREATLAX.COM](http://WWW.PLAYGREATLAX.COM)***



# PLAY GREAT LACROSSE CAMP HEALTH RECORD & WAIVER

Name: \_\_\_\_\_

DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

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

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

Phone (Work): \_\_\_\_\_

Phone (Cell): \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Address: \_\_\_\_\_

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

Phone (Work): \_\_\_\_\_

Phone (Cell): \_\_\_\_\_

## Health History

Asthma: Yes \_\_\_\_\_ No \_\_\_\_\_

Diabetes: Yes \_\_\_\_\_ No \_\_\_\_\_

Heart Problem: Yes \_\_\_\_\_ No \_\_\_\_\_

Mono: Yes \_\_\_\_\_ No \_\_\_\_\_

Cancer: Yes \_\_\_\_\_ No \_\_\_\_\_

Ear Infection: Yes \_\_\_\_\_ No \_\_\_\_\_

Loss of Limb: Yes \_\_\_\_\_ No \_\_\_\_\_

Orthopedic Problem: Yes \_\_\_\_\_ No \_\_\_\_\_

Depression: Yes \_\_\_\_\_ No \_\_\_\_\_

Head Injury: Yes \_\_\_\_\_ No \_\_\_\_\_

Migraine: Yes \_\_\_\_\_ No \_\_\_\_\_

Tuberculosis: Yes \_\_\_\_\_ No \_\_\_\_\_

Please explain all "yes" answers: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Other serious illness or injury: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

List all current medications (Prescription, "over the counter" and

Herbal): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Health Insurance Provider: \_\_\_\_\_

Policy/ID Number: \_\_\_\_\_

Insurance Provider Contact: Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

*Please include a photocopy (both sides) of your Health Insurance card*

## Allergies

Aspirin: Yes \_\_\_\_\_ No \_\_\_\_\_

Penicillin: Yes \_\_\_\_\_ No \_\_\_\_\_

Sulfa: Yes \_\_\_\_\_ No \_\_\_\_\_

Bee Sting: Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, does he/she carry an Epi Pen? Yes \_\_\_\_\_ No \_\_\_\_\_

Food, please list: \_\_\_\_\_

\_\_\_\_\_

Other: \_\_\_\_\_

**Please indicate YES or NO for over the counter medications that may be administered to your child if indicated due to injury, and/or illness, according to the manufacturer's recommendations, by the camps training staff.**

Medication	Yes	No	Medication	Yes	No
Ibuprofen	_____	_____	Robitussin DM	_____	_____
Tylenol	_____	_____	Benadryl	_____	_____
Sudafed	_____	_____	Pepto Bismol	_____	_____
Hydrocortisone	_____	_____	Antibiotic Ointment	_____	_____
Cream 1%	_____	_____	Mylanta	_____	_____

## Immunization History

*Copy of Immunization Record Preferable but not required*

DPT \_\_\_\_\_ Booster \_\_\_\_\_

Polio OPV (sabin) \_\_\_\_\_ Booster \_\_\_\_\_

Measles/Mumps/Rubella (MMR) #1 \_\_\_\_\_ #2 \_\_\_\_\_

Meningitis \_\_\_\_\_ See form, Td \_\_\_\_\_

Tuberculin Test \_\_\_\_\_ Results \_\_\_\_\_

Hepatitis B #1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_

Varicella \_\_\_\_\_

HIB #1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_

Restrictions/limitations for camper while at camp? Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, please explain: \_\_\_\_\_

## Parent's/Guardian's Assumption of Risk /Acknowledgment

I verify that my child has been checked by a licensed physician and is physically able to participate in Play Great Lacrosse Camps. My child may participate in all activities. I give my permission for my child to be treated by a qualified athletic trainer, certified nurse practitioner, or licensed physician. I further agree that the **Play Great Lacrosse** Camp staff shall be held harmless from and indemnified against any and all liability, cost, claims, loss or damage which it may incur as a result of any accident or injury to my child. In addition, I understand that attendance at a lacrosse camp carries certain risks of injury and I assume all risks resulting from participation in this camp. I understand that the camp is not operated or controlled by Washington and Lee University or Limestone College and will hold harmless Washington and Lee University, Limestone College, its Trustees, officers, employees, agents, and any and all affiliated departments from any and all liability, causes of action, claims, and demands of every kind of nature whatsoever which may arise in connection with or resulting from participation in any of the camp activities.

**PARENT/ GUARDIAN SIGNATURE      DATE**

\_\_\_\_\_

\_\_\_\_\_