

# USSC/NIKE LACROSSE CAMPS

750 Lindaro Street, Suite 220 - San Rafael, CA 94901  
1-800-NIKE CAMP - USSportsCamps.com



# NIKE LACROSSE CAMP

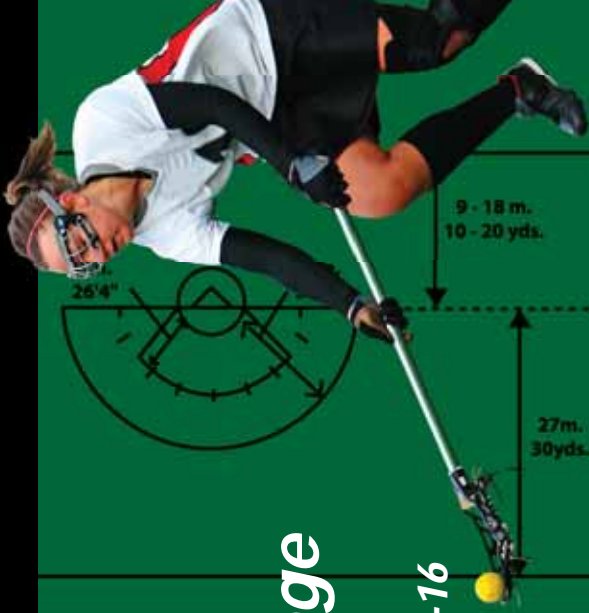


60 - 70 yds.  
55 - 64 m.



**Saint Vincent College**  
Latrobe, PA

**Complete Skills Camp: July 12-16**



9 - 18 m.  
10 - 20 yds.

27m.  
30yds.

27m.  
30yds.



USSC proudly presents the Nike Girls Lacrosse Camp at Saint Vincent College. Our goal is to stimulate a love for the game of lacrosse by immersing you in the sport and giving you the kind of focused, intensive training essential to improvement. Over the course of camp, your enthusiasm and self-confidence will grow along with your skills.

## CAMP DIRECTOR



Coach Harbert is a Pittsburgh area lacrosse legend with over 38 years on the college athletic faculty at Saint Vincent and was voted into the Pennsylvania Sports Hall of Fame in 2008. Tom has coached the wrestling, cross-country, and lacrosse teams at Saint Vincent College

for 34 years. His student/athletes have participated in various athletic national championships and won numerous Saint Vincent and National academic awards. Harbert was a PA State Wrestling Champion at Shippensburg University and attended the Olympic Trials. He has been awarded the NAIA 'District Coach of the Year' and the 'Letterman of Distinction Award.' While at Saint Vincent he has brought the men's lacrosse team from a club team to a varsity sports program. He has worked with the Japanese Lacrosse Association, coached the North Team in the Allegheny Lacrosse League's All-Star game four times, served as the League's commissioner, and started the Latrobe Summer Lacrosse program. He is also responsible for establishing Saint Vincent College's first women's lacrosse team, entering his 8<sup>th</sup> year at the helm of the women's squad. Players from his teams have made the D-II Senior All-Star games as well as being selected for the NCAA D-III All-West teams. His lacrosse teams have earned runners-up tournament awards and several team sports-women awards including the YWCA Sportswomen's Award in 2001. Coach Harbert is currently active on the US Lacrosse Coaches Council and ECAC Games Committee. The camp features top colleges coaches as well as players that will offer you an unforgettable camp experience at Saint Vincent College this summer!!

## CAMP SETTING



Located just 35 miles from Pittsburgh, PA, *Saint Vincent College*, is hosting its fourth NIKE Girls Lacrosse Camp this summer. Saint Vincent College is the training camp home of the Pittsburgh Steelers.

## CAMP HIGHLIGHTS

- Superior instruction from NCAA Div I, II, III Coaches
- 8:1 camper to instructor ratio
- Daily emphasis on fundamentals, positional training, drills and scrimmages
- Special goalie programs
- Reversible mesh Nike practice jersey
- Nike and STX Prizes for outstanding play, sportsmanship, improvement

## TYPICAL DAILY SCHEDULE

(DOES NOT APPLY TO FIRST OR LAST DAY)

- 7:30 Breakfast (Overnight campers only)
- 9:00 Ext. Day campers arrive/Stretch
- 9:15 Instructional stations
- 10:30 Lecture
- 11:00 Team concepts
- 12:00 Lunch, rest
- 1:00 Team practice
- 2:00 Lacrosse games
- 3:00 Drills, stations
- 4:00 Skill contests
- 5:00 Free time
- 5:30 Dinner
- 6:30 Back to field, team games
- 9:00 Extended Day campers depart
- 10:00 Overnight campers to rooms; Lights out!



## CAMP DATES & PRICES

### JULY 12 - 16, 2009

**Overnight Camp: \$465**

**Extended Day Camp: \$365** (9:00am-9:00pm)

**Day Camp: \$265** (9:00am-4:00pm)

*Camp starts Sunday afternoon and ends Thursday afternoon. The Overnight Fee includes the instructional program, all meals and housing. The Extended Day Fee includes the instructional program, lunch and dinner. The Day Fee includes the instructional program and lunch.*

### Group Discounts Available!

5 or More = \$25 off per camper

All applications and payments must be mailed or faxed in together, as a group, to receive the group discount.

## IT'S EASY TO ENROLL...

- Phone **1-800-NIKE CAMPS** (1-800-645-3226)
- Fax **415-479-6061**
- Online **USSportsCamps.com**
- Mail **750 Lindaro Street, Suite 220**  
**San Rafael, CA 94901**

**For immediate confirmation:** Enroll by phone or online and receive immediate confirmation. If you choose to register by mail or fax, please complete the attached application form. We will send a confirmation to you after your application is processed.

**Payments:** A deposit of \$250 is required before May 20th, 2009. A payment by VISA or MasterCard is required if you register by phone, fax or on-line. Payment plans are available. Please call for details. We accept registrations right up to the start of camp where openings exist.

**Registration Fee:** A \$15 non refundable registration fee is due at the time of registration. This is a yearly, one-time charge per camper regardless of the number of sessions.

**Cancellations:** If you have to cancel, for any reason, we will issue you a camp credit for all camp fees paid, valid through 2010. Your camp credit is transferable to a family member and may be used for any US Sports Camp. Cash refunds will be given only with the purchase of Refund Protection (see below).

**Refund Protection:** US Sports Camps offers our camp families Refund Protection for \$25 per session, due at the time of registration. Refund Protection entitles you to a full refund of camp fees if you cancel for any reason before May 15th, 2009. Please note: \$25 Refund Protection fee is non-refundable.

With Protection, if you cancel after May 15th, 2009, we will issue you a camp credit for all camp fees paid, valid through 2010. Your camp credit is transferable to anyone and may be used for any US Sports Camp.

## NIKE LACROSSE CAMP APPLICATION SAINT VINCENT COLLEGE (LXGRSC)

Camper's First Name \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_

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

Home Phone \_\_\_\_\_ Work/Cell \_\_\_\_\_

Date of Birth \_\_\_\_\_ Position \_\_\_\_\_

Email (must be able to accept attachments) \_\_\_\_\_

Name of Team \_\_\_\_\_ Beginner/Youth/JV/Varsity \_\_\_\_\_

JULY 12 - 16  Overnight  Extended Day  Day

Roommate Request \_\_\_\_\_

### Payment Information

Person Paying \_\_\_\_\_

Address (if different) \_\_\_\_\_

Method of Payment:  Visa  Mastercard  Check  
 Deposit & Registration Fee (\$265)  
 Full Payment

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_  Please add \$25 per session for Refund Protection  
 Please Charge the remainder on May 20, 2009

By submitting this application to US Sports Camps, Inc, I affirm that I have read and agree to the US Sports cancellation policy and hereby accept the terms of enrollment described in this brochure. Furthermore, I agree to pay all camp fees and authorize US Sports Camps to charge my credit card (if applicable).

Signature \_\_\_\_\_

Make check payable and mail to:  
USSC/NIKE Lacrosse Camps  
750 Lindaro St., Suite 220 - San Rafael, California 94901  
1-800-645-3226 Fax: 415-479-6061  
**USSportsCamps.com**



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