

Parental Agreement

Please complete both sides of this sheet

Parental Agreement and Insurance Information

I certify that the individual named above is in good physical condition and is capable of participating in this CAPITAL LACROSSE, LLC program. If medical attention beyond first-aid treatment is required, I understand that every attempt will be made to contact me at the emergency number provided. If contact with me is not possible, I give permission for medical attention to be administered. Furthermore, I hereby release, exonerate and discharge CAPITAL LACROSSE, LLC and its employees from any and all actions and for any injuries or damages incurred while participating in, or traveling to and from, this program.

Parent/guardian signature _____

Participant's medical insurance co. _____



About the Camp

The Captains Residential Lacrosse Camp was created specifically for high school aged boys who desire both individual detailed instruction and team competition.

Campers will be provided with position-specific coaching in addition to being taught team concepts necessary for competition.

A typical camp day will consist of three sessions. Mornings will be reserved for individual development by position, afternoons will be for the teaching of team concepts, and evenings will be filled with competition. All instruction will be overseen by the Christopher Newport University coaching staff.

Goalies will work directly with CNU Head Men's Lacrosse Coach Chris Swanenburg.

A very low counselor to camper ratio will be maintained so as to ensure that each camper receives plenty of instruction. By week's end, each camper should see improvement in his own game *and* should have a better understanding of the game of lacrosse.

Campers will also be taught specific drills and exercises to 'take home with them' so that they can continue to grow in the game of lacrosse.

Simply put, the goal of the Captains Residential Lacrosse Camp is to be the best teaching camp in the country for high school aged boys.

For more information:

**Please call
757-814-8798**

**Or e-mail
cswanenburg@cnu.edu**

CAPTAINS LACROSSE CAMP

**Residential Camp
for Boys
Entering Grades 9-12**



On the campus of


CHRISTOPHER NEWPORT
UNIVERSITY

2008 Session

Thursday, July 17 - Monday, July 21

Camp Director



Chris Swanenburg
Christopher Newport University
Head Men's Lacrosse Coach

Chris Swanenburg was appointed as the first-ever men's lacrosse coach at CNU in November 2005. He has coached at the collegiate level for seventeen years, seven of which were as the head coach at Division I Radford University.

A 1990 graduate of Yale University, Swanenburg was an All-Ivy League and All-New England goalie and a member of two NCAA Division I tournament teams.

Prior to establishing the Captains Lacrosse Camp, Swanenburg ran and directed numerous lacrosse camps and clinics for boys in Northern Virginia.

Coach Swanenburg will be assisted by his coaching staff and CNU team members as well as by other college coaches and select high school coaches to ensure the highest level of instruction.

Testimonials

The following are unsolicited comments received following the 2007 Captains Lacrosse Camp:

"I want to thank you for the excellent lacrosse camp you conducted this year. My son, Louis, really enjoyed the camp and learned many things he will be taking back to his team this coming season."

Melissa H.

"I just wanted to let you know how much my son ... enjoyed your camp this past week... He came away from CNU with a wonderful impression of the school and your program. Thank you so much for all the effort you put into this... Your inaugural Captains Camp was a tremendous success!"

Barbara E.

Camp Features

Campers at the Captains Lacrosse Camp will have access to Christopher Newport University's state-of-the-art Division III varsity athletic facilities and campus.

Game and Practice Fields

Campers will use the same Bermuda grass practice and game fields used by the university's varsity athletic programs. All are within 500 yards of the residential halls and dining facilities.

Residential Halls

All rooms are air-conditioned and have refrigerators and microwaves. They were recently voted 'Best in State'.

University Dining Facilities

Campers will enjoy their meals in the CNU all-you-can-eat dining facilities.

Training & Rehabilitation Room

Minor injuries will be treated in the school's varsity training room by a certified athletic trainer.

Additional Features

- Camp Store
- Free Camp Jersey
- Raffles & Prizes



Individual Application

Please complete both sides of this sheet

Name _____

Street address _____

City _____ State _____ Zip _____

Parents' names _____

Home phone _____

Emergency/Cell phone _____

e-mail address _____

Date of Birth _____ Grade (as of 9/08) _____

Position _____ Yrs Of Experience _____

Are you registering as part of a team? _____

If yes, which team? _____

Roommate request _____

I wish to enroll for the following:

- Residential Option (\$495)
- Commuter Option — lunch & dinner provided (\$375)

Payment Options:

- Enclosed is a check to cover the entire camp fee
- Enclosed is a \$200 non-refundable deposit (balance due by July 7, 2008)

Enrollment confirmation and check-in procedures will be delivered via e-mail

Please Make Checks Payable To:
Capital Lacrosse, LLC

Mail Completed Application & Payment To:
Captains Lacrosse Camp
P.O. Box 1111
Newport News VA, 23601