

# Individual Application

Name \_\_\_\_\_

Street address \_\_\_\_\_

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

Parents' names \_\_\_\_\_

Home phone \_\_\_\_\_

Emergency/Cell phone \_\_\_\_\_

e-mail address \_\_\_\_\_

Grade (as of 9/08) \_\_\_\_\_ Yrs Of Experience \_\_\_\_\_

Position \_\_\_\_\_ Rec Prgm/Team \_\_\_\_\_

## I wish to enroll for the following:

- July 14 – July 17 Day Session (\$200)
- July 14 – July 17 Day Session with lunch (\$230)

## Payment Options:

- Enclosed is a check to cover the entire camp fee
- Enclosed is a \$100 non-refundable deposit  
(balance due by July 7, 2008)

*\*Enrollment will be confirmed 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**

## 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. \_\_\_\_\_

Policy number \_\_\_\_\_



**Captains Lacrosse Camp**  
P.O. Box 1111  
Newport News, VA 23601

# CAPTAINS LACROSSE CAMP

*For Boys Ages 8-18*



*On the campus of*

  
**CHRISTOPHER NEWPORT**  
UNIVERSITY

**2008**  
**Day Session**

Monday, July 14th - Thursday, July 17th  
9:00am - 2:30pm

## Camp Information

### **Dates**

The 2008 Captains Lacrosse Camp will be held Monday, July 14 through Thursday, July 17.

### **Eligibility**

The camp is open to boys, ages 8-18. Campers will be divided and instructed according to age, size and experience.

### **Location**

All camp sessions will be held on the campus of Christopher Newport University in Newport News, Virginia.

### **Insurance**

Campers must provide medical insurance. The camp will have a certified athletic trainer on duty at all times.

### **Camp Schedule**

The camp will run daily from 9:00 am - 2:30 pm. Check-in will begin on Monday at 8:30 am.

### **What To Bring**

Upon receipt of an application, a confirmation e-mail will be sent to each camper's guardians. Information regarding directions to camp, check-in and what to bring will be clearly outlined.

### **New for 2008!**

- Daily Skills Competitions and Raffles for New Lacrosse Products
- Radar Gun and Shooting Targets
- Visit from Brine Lacrosse Representative to Display Latest Sticks, Equipment and Apparel
- Free Reversible, Water Bottle and Lanyard

**For more information:**

**Please call  
757-814-8798**

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

## 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 members of his coaching staff, area high school coaches and present collegiate players to ensure the highest level of instruction.



## Camp Facilities

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

### **Game and Practice Fields**

Campers will use the same fields used by the University's varsity athletic programs.

### **Indoor Gymnasium**

In the event of extremely hot or wet weather, campers will have access to the school's indoor athletic facility.

### **Training & Rehabilitation Room**

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

### **University Dining Facilities**

Campers will have the option of purchasing an 'all you can eat' nutritious lunch in one of the school's dining facilities for a nominal charge.

## Camp Focus

### **Individual Skill Development**

All campers will be individually coached so as to develop and enhance sound and lasting fundamentals in the areas of catching, throwing, scooping and dodging.

### **Positional Instruction**

Campers will be taught concepts unique to their chosen position in addition to general team concepts.

### **Sportsmanlike Competition**

Daily competition between campers of like size and ability will enable all participants to develop elements of teamwork and good sportsmanship.