

2009 Absolute Lacrosse Camp Registration Form

UMBC MEN'S LACROSSE 2009 SCHEDULE

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Email: _____

Phone: _____

Age: _____ School: _____

Position: _____

As parent or legal guardian of the participant above, I am fully aware of and appreciate the risks, including injury and loss of life, associated in a lacrosse event and related sports activities. Absolute Lacrosse, its directors, staff, UMBC, and other associated parties shall not be held liable for any injuries or damages occurred while attending Absolute Lacrosse Camp. I hereby give my consent to, to provide medical attention, transportation, and emergency services to the participant above, as they deem necessary.

Signature of parent or legal guardian:

_____ Date: _____

Please complete application and return along with \$200 deposit to:

Patrick Tracy
UMBC Men's Lacrosse
1000 Hilltop Circle
Baltimore, MD 21250

Checks should be made out to Patrick Tracy

**** ONLINE REGISTRATION AVAILABLE AT:
WWW.ACTIVE.COM
KEYWORDS: ABSOLUTE LACROSSE**

FEBRUARY

14th @ Delaware 1:00pm

21st Rutgers 1:00pm

28th Colgate 1:00pm

MARCH

3rd Johns Hopkins 7:30pm

6th Princeton 8:00pm

14th @ Maryland 1:00pm

21st Ohio State 1:00pm

28th @ Stony Brook 2:30pm

31st Towson 7:30pm

APRIL

4th Binghamton 7:30pm

11th @ Albany 1:00pm

18th @Hartford 1:00pm

25th Vermont 1:00pm

30th AE Semi-Finals TBD

MAY

2nd AE Finals TBD

9-10 NCAA 1st Round TBD

16-17 NCAA Quarterfinals TBD

23rd NCAA Semi-Finals TBD

25th NCAA Finals TBD

2009 Absolute Lacrosse Camp at UMBC



**June 22nd - 25th
9am -3pm
Ages 7-17
UMBC Stadium**

Absolute Lacrosse Staff

Directors

Patrick Tracy

Coach Tracy is currently in his second year as an assistant lacrosse coach/defensive coordinator at UMBC. Prior to his stint at UMBC, Coach Tracy was an assistant coach at Dartmouth College and at Goucher College. At Goucher College he served as the offensive coordinator.

Rob Cross

Coach Cross is in his third year at UMBC serving as an assistant coach who works with the offense. During his first year as an assistant he helped guide UMBC to their first ever NCAA Elite Eight appearance. Prior to UMBC Coach Cross was an assistant coach at Mercyhurst College

Staff

Fred Cantor, M. Ed., CSCS

Coach Cantor oversees all of UMBC's strength and conditioning programs. Over the past two decades Coach Cantor has served as a strength and conditioning coach at several health clubs as well as with the Philadelphia Eagles and Lafayette College.

* The Absolute Lacrosse Camps will be staffed with current and past UMBC players as well as other current college coaches. *

Philosophy

The Absolute Lacrosse Camp is designed to make each camper a better lacrosse player. The focus will be on continuing to develop each camper's fundamental skills while also introducing new skills and concepts that are taught within our program.

Campers will be organized in respect to both their age and skill level so that they learn to play against competition at the same skill level.

Highlights

- held on state of the art Sportex Momentum playing surface at UMBC Stadium
- 8:1 Staff to Camper ratio to maximize the experience
- Skill Development based on position
- Camp Reversible, water bottle, and lanyard
- Camp Raffle
- Certified Trainer on staff

Refund Policy

A \$200 non-refundable deposit must accompany the application and is non-refundable regardless of reason(s). Full payment is due 1 month prior to the starting day of camp.

Confirmation Packet

Once we receive your application you will receive a confirmation email containing additional information.

Lodging

Lodging accommodations can be found at :

www.umbcretrievers.com/info/links/corporate_partners.asp

2008 Absolute Lacrosse Camps

Day Camp

June 22nd-25th

9am-3pm

Cost: \$420

Camp Format

9:00-12:00

Individual Skill Development
Guest Speakers

12:00-12:45

Lunch/Free Time

1:00-3:00

Team Concepts/Games

