

PLEASE RETURN THIS FORM WITH PAYMENT:

**ST. CHARLES CARDINAL LACROSSE – 2017 YOUTH CAMP**

Name of camper \_\_\_\_\_

Address \_\_\_\_\_

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

Grade entering in Fall of 2017: \_\_\_\_\_ School \_\_\_\_\_

Lacrosse Position (Attack, Midfield, Defense, Goalie): \_\_\_\_\_

Email address: \_\_\_\_\_ Phone \_\_\_\_\_

(circle one)

Youth T-shirt size:    Small            Medium            Large            XL

Adult T-shirt size:    Small            Medium            Large            XL

I certify that my son is in good physical health and is capable of participating fully in lacrosse activities. In addition, I give permission for any medical treatment for the above camper that is necessary in the judgment of St. Charles Lacrosse Youth Camp Staff. I agree to hold the St. Charles Lacrosse Youth Camp Staff harmless for any liability arising out of good faith actions, and I accept any and all costs and liability in case of accident or injury.

Signed \_\_\_\_\_ Parent or legal guardian

**Return this registration form with check to:**

Cardinal Lacrosse Youth Camp

Attn: Mark Berndt

208 Bermuda Dr.

Johnstown, Ohio 43031

**St. Charles  
Cardinal Lacrosse**

**2017 Youth Camp**

**Boys Entering 3<sup>rd</sup>-8<sup>th</sup> Grade**

**June 12, 14, 19 & 21**

**6:00PM – 9:00PM**



**St. Charles Preparatory School**

**2010 East Broad Street**

**Columbus, OH 43209**

## Lacrosse Youth Camp

The design of the Cardinal Lacrosse Youth Camp is to provide each camper with an enjoyable and rewarding experience with the game of lacrosse.

Each camper will be placed into small teaching groups based on age.

The primary objectives of the camp are to teach the individual and team fundamentals of the game, develop in each camper a passion for competing to become the best lacrosse player that he can be, and to have a tremendous amount of fun playing the game! To get the most out of the camp experience, it is essential that each camper has a desire to learn the game of lacrosse and be willing to give his full effort.

## The Staff

The Cardinal Lacrosse Youth Camp will be directed by St. Charles Head Lacrosse Coach Mark Berndt. The other staff instructors will be the other members of the St. Charles Lacrosse coaching staff.

## Facility

The Cardinal Lacrosse Youth Camp is held on both of the St. Charles artificial turf facilities: the stadium on the main campus of St. Charles Preparatory School & the newly constructed West Campus training facility across Nelson Ave from the main campus.

## Emphasis on Fundamentals

Each individual camper will be coached on an individual basis. He will be instructed on the fundamentals required to become a complete lacrosse player. The main fundamentals emphasized are:

- Passing & Catching
- Dodging
- Shooting
- Individual Defense
- Goalie Play
- Ground Balls
- Face Offs
- Offensive Team Play
- Defensive Team Play

## Camp Features

- Small player / coach ratio
- Camp t-shirt
- Games

For further information, please contact:

Mark Berndt  
Head Coach & Camp Director

Home: (740) 816-9216  
maberndt@aep.com

School: (614) 252-6714

## Daily Schedule

<b>6:00 – 6:10pm</b>	<b>Stretching</b>
<b>6:10 – 6:55pm</b>	<b>Small Groups</b>
<b>6:55 – 7:05pm</b>	<b>Break</b>
<b>7:05 – 7:50pm</b>	<b>Small Groups</b>
<b>7:50 – 8:00pm</b>	<b>Break</b>
<b>8:00 – 9:00pm</b>	<b>Games and Competition</b>
<b>9:00pm</b>	<b>Camp Closure</b>

**Site:** St. Charles Stadium & West Campus Training Facility

**Dates:** June 12, 14, 19 & 21 (this camp session is inclusive of all 4 dates)

**Ages:** Entering grades 3 - 8 in Fall of 2017

**Cost:** \$100.00 per camper

**REGISTRATION DUE BY:**  
**May 29, 2017 (Memorial Day)**

**Make Checks Payable to:**  
**St. Charles Lacrosse**

Dress properly for playing lacrosse. This camp is a mild-contact camp. All players must have full equipment (stick, helmet, mouthguard, shoulder pads, armpads & gloves). A protective cup is also recommended.

Goalies must have all required equipment, including a protective cup.

All campers should also bring a water bottle.