

**TOTAL LACROSSE CAMP** is for girls aged 9-16. The camp is designed to help players improve their fundamental skills and techniques and advance their understanding of game concepts and team play. Total Lacrosse Camp aims to teach and challenge each player to rise to a higher level of competition. Players receive incredible individual attention and have the opportunity to participate in drills, strategy sessions and game play.

Players will be grouped according to experience at the following levels:

**Beginner:** For girls who have played less than a year of lacrosse. The focus is on fundamental skills and developing a passion for the game of lacrosse.

**Developmental:** For middle schoolers who have played for 1-4 years. The focus is on strong defensive technique, advanced shooting skills and overall skill development.

**Elite:** For strong Junior Varsity players aspiring to be impact Varsity players. The focus is on more advanced techniques, including settled attack, double teaming, draw controls and team concepts.

#### CAMP FEATURES

- Reversible Jersey
- Games Daily
- Staff/Camper Challenge Games
- Full Time Trainer
- Strength and Conditioning Coach
- Swimming
- Lunch provided

#### CAMP DIRECTOR

**Lisa Parsons:** Lisa has been the Head Lacrosse Coach at the Loomis Chaffee School for the past 16 years. This past year, her team was the top team in New England and ranked by laxpower and won the Founders League Title for the seventh time in the past nine years. Many of her players have gone on to play college lacrosse at both the Division 1 and Division 3 levels. Lisa played lacrosse for Middlebury College.

#### COACHES

**Kristen Mullady** is the Head Women's Lacrosse Coach at Springfield College, where she was a former four-year varsity impact player. She also runs the Lax Plus Programs in the Greater Hartford area. Kristen has coached the U-13 Connecticut Select team that has gone to the National Tournament for the past 6 years.

**Ed Duclos:** Ed has been the Head Coach of South Windsor High School for the past 20 years. His teams have been state semi-finalists four times and have been ranked as high as #2 in the State.

Other coaches include former Loomis lacrosse players and current college players.

#### ATHLETIC TRAINERS

Available on a full-time basis.

#### CAMP STAFF

Total Lacrosse Camp has an 8:1 camper to staff ratio and creates the perfect learning environment.

#### FACILITIES

Outstanding facilities at Loomis provide an optimal training site for our athletes.

**Total Lacrosse Camp Application**  
**June 28–July 1, 2010 / Cost: \$310**  
(please print)

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_

Telephone \_\_\_\_\_ (home)

\_\_\_\_\_ (cell)

Date of birth \_\_\_\_\_

Grade, Sept. '10 \_\_\_\_\_

School \_\_\_\_\_

Position \_\_\_\_\_

Years of experience \_\_\_\_\_

*Check for \$310\* must accompany application. (\*If you pay by 5/1, cost is \$295.)*

\_\_\_\_\_  
Signature of parent/guardian of applicant

Payment must be received in full to secure a spot in the camp. Enrollment is limited. Camp will be filled on a first come, first serve basis. Apply early to assure your place in camp.

Additional information will be sent via email upon receipt of application and payment. Please make checks payable to:

#### Total Lacrosse Camp

Mail to:

**Lisa Parsons**

**Loomis Chaffee School**

**Windsor, CT 06095**

**(860) 688-3364**

**[lisa\\_parsons@loomis.org](mailto:lisa_parsons@loomis.org)**

TOTAL LACROSSE DAY CAMP  
c/o Lisa Parsons  
Loomis Chaffee School  
Windsor, CT 06095  
[www.loomislacrosse.org](http://www.loomislacrosse.org)



June 28 - July 1, 2010  
9 am-3 pm

**DAY CAMP**  
for girls  
ages 9-16

Loomis Chaffee School  
Windsor, Connecticut