2024 FERRUM COLLEGE GIRLS LACROSSE CAMP June 25-27

ABOUT THE STAFF

Head Women's Lacrosse Coach Karen Harvey serves as camp director. Camp staff will include Ferrum College coaching staff and current college players.

ABOUT THE CAMP

Open to girls age 6–18 with campers grouped by age, grade, and ability, the camp is designed to help campers develop individual technical skills and learn the importance of teamwork. Daily instruction in individual and small group skills and strategy as well as team play fosters and develops individual improvement. Overnight housing is provided in an air conditioned dorm.

WHAT TO BRING

Goggles, stick, mouth guard, cleats, and tennis shoes for playing inside; bathing suit and towel for swimming, if interested; money for drinks and snacks at the camp store, which will be open at night in the dorm also.

INSTRUCTIONAL FEATURES

- Technical Skills: passing, catching, shooting, dodging, ground balls
- Strategic Skills: attacking and defending in small groups and full field
- Goalie instruction will be provided.
- Full-field games (age appropriate)

LOCATION

The camp will be held at Ferrum College. Sessions may also take place in Swartz Gym and the Fitness Center on campus, depending on weather. Campers should report to Hank Norton Center classroom prior to first session of the day. Ferrum College is located 10 miles west of Rocky Mount, VA on Route 40 West.

QUESTIONS

Contact Head Coach Karen Harvey at 540.588.3979 or kharvey@ferrum.edu for answers to any questions.

SCHEDULE

The camp will begin with check in from 12–1 p.m. in the Hank Norton Center lobby on Tuesday, June 25, and ends Thursday, June 27, at 4 p.m.

COST

Commuter: $200 (meals and t-shirt)
Overnight: $300 (meals, lodging, and t-shirt) There is a $50 non-refundable deposit due with the application that will be credited to the overall cost. Deadline for registration is June 19. Send the deposit and registration form to:

Ferrum College Girl's Lacrosse Camp
Women's Lacrosse Office
Ferrum College, PO Box 1000
Ferrum, VA 24088

WWW.FERRUMPANTHERS.COM

FERRUM COLLEGE GIRL'S LACROSSE CAMP 2024 APPLICATION

CAMPER INFORMATION

Name: _____ Age: _____ Date of Birth: _____ Grade (Fall '24): _____

Address: _____

City: _____ State: _____ Zip code: _____ E-mail: _____

Camper's phone: _____ Emergency Phone Primary: _____ Secondary: _____

Allergies, medical conditions, or medications: _____

_____

Option ❒ Commuter ($200) ❒ Overnight ($300) T-shirt Size (Youth or Adult - circle one): Y-S Y-M Y-L A-S A-M A-L A-XL

Roommate Preference: _____

REGISTER ONLINE HERE

*MEDICAL INSURANCE PROVIDER AND POLICY INFORMATION

Policy Holder: _____ Insurance Company: _____

Policy Number: _____ Group Number: _____

RELEASE OF LIABILITY

Camper Name: _____

The undersigned, as a parent or legal guardian of the child named above, desires that my child participates in Ferrum College Girl's Lacrosse Camp and by execution of this release I agree that all requirements, directions, and standards set by the coaching staff and camp personnel, use of any equipment under the supervision of the coaching staff and personnel shall be deemed to have been accomplished for the benefit of my child.

The undersigned acknowledges that participation in this camp and related activities involve an inherent risk of physical injury, and the undersigned on behalf of the registrant, hereby assumes all risk and does hereby and forever discharge Ferrum College, the camp, and all employees from any and all liability of whatever kind of nature. If at any time it is necessary for the registrant to receive outside professional medical attention, I hereby give my consent to the camp to secure the services of whatever physical or medical facility selected and to secure whatever transportation is deemed necessary.

Parent/Guardian Signature: _____ Date: _____