

Insurance & Waiver

I hereby authorize the staff of Colorado State University to act for me according to their best judgement in any emergency requiring medical attention, and hereby release, discharge, indemnify, and hold harmless CSU High Altitude Lacrosse Camp, Colorado State University, and the State Board of Agriculture from any and all liability for any injuries or illnesses incurred while at camp. I understand and assume the hazards and risk associated with this activity and waive all claims against the State Board of Agriculture, Colorado State University and its employees.

Signature of parent/legal guardian

Date

Return Form & Deposit to:

Colorado State
High Altitude Lacrosse Camp
Student Recreation Center
Campus Delivery 8027
Fort Collins, CO 80523-8027
Attention: Bill Hill

Make check payable to:
Colorado State University

Registration and deposit deadline is
June 17, 2005

\$25 discount if signed up before
May 4, 2005

Camp Info Online:
csulacrosse.com
csulacrossecamp.com

Camp Info

Camp Dates:

Thursday July 7th - Sunday, July 10th, 2005

Registration Deadline:

June 17, 2005

Sign up early! Camp is limited to first 150 students!

Check In:

Allison Hall on CSU Campus
Thursday, July 7th at 11 am

Check Out:

Sunday, July 10th at 11 am

What to Bring to Camp:

- Bring all of your own lacrosse equipment. Equipment and sticks will be available for purchase only.
- Bring an equipment bag.
- Each camper will be issued a reversible practice jersey in his welcome packet.
- Walking/Running shoes. There will be swimming, volleyball, basketball, and many other on-campus activities.

Questions about the camp?

Bill Hill, Phone: 970-491-3793
email: clubspts@colostate.edu



Colorado State University
High Altitude
Lacrosse Camp
2005
July 7th - July 10th



CSU High Altitude Camp
sponsored by Rock-It Pocket,
Colorado State Campus Recreation, and
Colorado State University

csulacrosse.com

Directors

Flip Naumburg, head coach Colorado State University, USLIA 1999, 2001, and 2003 National Champions. National Coach of the Year, 1999. 2004 USA West team head coach, who toured Japan and China.

Bill Hill, CSU Lacrosse Camp Coordinator

Trineice Durst, Assistant Director of Club Sports

Camp Staff

Learn from the best! The CSU High Altitude Camp will be staffed by current and former All-Americans, coaches from around Colorado, and players from the CSU program. The ratio of players to coach will be 6:1, and the dorms will be monitored by one adult for every 12 overnight campers.

Trainers

CSU athletic trainers will be on site at all times to ensure the safety of the campers.

Fun & Family

After the success of last year's camp, the excitement is building for 2005! The HAC (High Altitude Camp) philosophy is simple: We want players to have fun! And, of course, be safe. Bonding with others in a team situation and learning how to do that quickly is an area of focus at CSU, and is a big part of what this camp is about.

Lacrosse is a high intensity sport played at a very fast pace. By learning how to be a "team player" and a good teammate, you become capable of playing the game at a higher level. Each player who attends HAC will leave with more tools to help his team than he had before.

Special Events

- Each day will feature guest "specialists" so campers can work on specific skills, such as goal tending, facing off, shooting, etc., with some of the best players in the world.
- Raffles and prizes for individual skills competitions daily.
- Team tournaments and night sessions under the lights.
- Chumash Lacrosse (3 on 3) tournaments.
- Full Goal Tending Camp.

What's in a Day?

A typical day will have a morning session that includes drills, skills, and team concepts. The mid-day break will feature lunch and time to swim or rest, followed by an afternoon session with tournaments, games, and competitions. Dinner will be at 5:15, followed by some free time until 7:00. The evening session will vary from day to day. We will analyze videos and have question/answer discussions, as well.

7:30 am - 8:30 am	Breakfast
9:00 am - 11:00 am	Morning Session
11:00 am - 2:00 pm	Lunch and Other Activities
2:00 pm - 5:00 pm	Afternoon Session
5:00 pm - 7:00 pm	Dinner and Other Activities
7:00pm - 8:30 pm	Games/Tournaments
11:00 pm	Lights Out

Sign-up Form

To enroll, complete the following application and return with your deposit check made payable to: Colorado State University

Name

Address

City, State, Zip

Phone Emergency Phone

Email

School Coach

Grade as of 9/05 Position

Experience (in years)

Roommate Preference

Visa/MC #

Exp Date

Name on card

Parent/Legal Guardian Signature

Tuition Schedule

- Overnight Camper \$420
(7th Grade- 12th Grade)
includes all meals, campus dorm accommodations, graduating seniors welcome
- Day Camper \$310
(Under 7th Grade)
includes lunch on Wed. and Thurs.
Registration and \$150 non-refundable deposit

due by June 17, 2005.
\$25 discount if received by May 4, 2005