

CAPTAINS ELITE LACROSSE CAMP

JULY 28th – 30th, 2019



Join us for a fun instructional lacrosse camp located on the beautiful campus of Christopher Newport University. Instructional sessions will reinforce fundamentals, perfect positional skills, and introduce team concepts to help players improve their game. Campers will also compete in scrimmages with other players while receiving instruction from college coaches and players.

Captains Elite Camp is also a great opportunity for prospective student-athletes to experience all that Christopher Newport University has to offer. If you are considering CNU as a place to continue your academic and athletic career, then this camp is perfect for you! During camp, you will have the opportunity to explore our beautiful campus, experience campus housing, and eat in the dining hall. Current players will be on hand as camp counselors to answer questions about CNU, our lacrosse program, and their experience as a student-athlete. In addition, our coaching staff is present at every training session allowing for maximum exposure.

WHEN: July 28th – 30th, 2019

WHERE: Christopher Newport University
Newport News, VA

WHO: Open to girls in grades 1st—12th. Players will be split into groups based on age and level of experience.

STAFF: CNU Coaching Staff & Players

COST: Overnight - \$400 Commuter - \$325
Each camper receives a reversible camp jersey!

Checks made payable to "**Captains Elite Lacrosse**" can be mailed along with completed registration and medical form to the following address:

Lisa Valentine
1 Avenue of the Arts
Newport News, VA 23606

OR REGISTER ONLINE AT:
WWW.CAPTAINSELITELAX.COM

SAMPLE SCHEDULE:

Sunday, July 28th

6:00pm	Check-in
7:00pm - 8:30pm	Evening Session
8:30pm	Commuter Pick-up

Monday, July 29th

8:30am	Breakfast (overnight campers only)
9:30am	Commuter Drop Off
9:30am - 11:30am	Morning Session
12:30pm	Lunch
2:30pm - 4:30pm	Afternoon Session
5:30pm	Dinner
7:00pm - 8:30pm	Evening Session
8:30pm	Commuter Pick-up

Tuesday, July 30th

8:30am	Breakfast (overnight campers only)
9:30am	Commuter Drop Off
9:30am - 11:30am	Morning Session
12:30pm	Lunch
2:30 - 4:30pm	Afternoon Session
4:30pm	Check-out

Please return this completed portion, the medical form & waiver, and your payment prior to July 19th. Refunds of clinic costs will be issued only when the request is made one month prior to the event. No refunds for any reason will be issued after June 28, 2019.

Athlete Name: _____

Email Address: _____

School: _____ Grade: _____

Years of Experience: _____ Position: _____

Circle One: Overnight Commuter

Preferred Roommate (overnight only): _____

Would you like to purchase a CNU Lacrosse t-shirt for \$15? _____

If yes, circle size: Small Medium Large

QUESTIONS?

Contact Head Coach
Lisa Valentine
410.310.7907
Lisa.Valentine@cnu.edu