

1st Annual Outer
Banks Evening
Lacrosse Camp
FUN AT THE BEACH

at

First Flight Middle School,
109 Veterans Dr,
Kill Devil Hills, NC

presented by

John Van Lunen, Head Coach,
First Flight High School

and

Jon Weston, The Goalieman
Goalie Coach and
Author of *Lacrosse Goaltending II*

U13 and U15 Boys

July 22-July 25, 2013, 5pm-7:30 pm

Come to the Beach and
Learn from the Best

John Van Lunen, John@KittyHawkWaterSports.com
Jon Weston, The Goalieman, westonlax@aol.com

Place Postage
Here

Jon Weston
Weston Lacrosse
5920 Bethlehem Court,
Rockville, MD 20855
301-294-3234

Learn the
great
techniques

Meet and
work with
great
coaches

Elevate your
Game

Learn from
The
Goalieman

Play at the beach all day

Learn more lacrosse each evening

It's at the beach

Camp Director

John Van Lunen, Head Lacrosse Coach, First Flight High School, Owner Kitty Hawk Water Sports, Nagshead, NC, 252-441-2756

Principal Instructors:

John Van Lunen, Head Lacrosse Coach, FFHS, former player Salisbury University, high school and college assistant coach.

Jon Weston, The Goalieman, Coach Archbishop Spalding HS Lacrosse, Severn MD, Owner Weston Lacrosse, Former Asst. Coach at Towson and American University and Oakton HS, VA State Champions, Owner Weston Lacrosse, Rockville, MD

Sandy Eanes, Defensive Coordinator, FFHS Lacrosse,

Rob Nichols, Offensive Coordinator, FFHS



Format: All field lacrosse players – instruction and scrimmaging

Ages: U15 and U13

Schedule: Monday, July 22

4:30-5:00 pm	Registration/check-in
5-5:15pm	Passing
5:15-6:15	Individual Fundamental Stations
6:15-7:00	Team Fundamentals
7:00-7:30	Situational Scrimmages

Sunday, Tuesday – Thursday, July 23-25

5-5:15pm	Stretching and Warm-ups
5:15-6:15	Individual Fundamental Stations
6:15-7:00	Team Fundamentals
7:00-7:30	Situational Scrimmages

Equipment: Players are responsible for all their field or goalie equipment (helmet, throat guard, cup, stick, goalie gloves, mouth guard, shoes, shorts and shirt). Sweatshirt and rain jacket.

Campers are assumed to be housed with their families and not at camp facilities..

Cost: \$200, \$50 non-refundable deposit due with registration, remainder at check-in. Make checks payable to Weston Lacrosse and send registration and check to:

Weston Lacrosse
5920 Bethlehem Court,
Rockville, MD 20855
301-294-3234

Registration is first come, first served – limit 60 players
Local Contact, John Van Lunen, 252-441-2756

PRINT THIS, FILL IN and MAIL w/CHECK

Outer Banks Camp Participant Registration

Name _____

Address: _____

City, State, Zip _____

Home Phone: _____

Birth date: _____

Age at camp start: _____

Email: _____

Gender (Male/Female) – circle one

Parent/Guardian Name: _____

Parent/Guardian Email: _____

Parent/Guardian Address: _____

City, State, Zip _____

Telephone (Home) _____

Telephone (Day/Cell) _____

Allergies or Physical Restrictions: _____

Other Notes to Coaches: _____

AGREEMENT: In consideration of participation in the sponsored activities of Outer Banks Camps and Weston Lacrosse, I acknowledge, agree to and understand that:

1. **Outer Banks Camps:** All clinics, camps and individual instruction conducted by Outer Banks Camps (John Van Lunen, owner, director and primary instructor) and Weston Lacrosse (Jon Weston, owner) participate in US Lacrosse Non-Member <http://www.bollingerlax.com/BollingerLax/asp/index.asp> supplemental insurance. A certificate of insurance for these clinics, camps and instruction is available upon request.

2. **Medical Attention:** I understand that Outer Banks Camps does not offer a comprehensive medical insurance plan. I have checked my family policy to make sure that the participant is properly covered while at the lesson, camp or clinic. In any medical emergency, I hereby give permission to the physician selected by the clinic/camp director to provide customary medical/ athletic training attention, transportation and emergency medical services as warranted during participation in these lacrosse activities.

3. **Waiver & Release of Liability:** I am fully aware of and appreciate the risks associated with participation in a lacrosse event, including the risk of catastrophic injury, paralysis and even death, as well as other types of damages and loss. I further agree on behalf of myself, my heirs, and personal representatives, that US Lacrosse, John Van Lunen, Jon Weston along with their coaches, trainers, volunteers, employees, agents shall not be liable for any injury, loss of life or other loss or damage occurring as a result of participation in the event(s).

4. **Photographs/Videos:** I give Outer Banks Lacrosse and Weston Lacrosse permission to use clinic/ camp photographs/videos (in good taste) in which my child or myself appears in their publicity, on their web page or within other published materials.

I understand and agree to the above.

Parent/Guardian Signature: _____

Date: _____