

Coastal Carolina Lacrosse Summer Camp



June 26-28, 2012

Grades 9 - 12

Jaime Sellers

Head Coach



Head Coach Jaime Sellers enters her first year as Head Coach at Coastal Carolina University, after having spent the past three seasons at Stanford University. She helped take Stanford Lacrosse to a program best No.6 national ranking as well as two consecutive NCAA appearances.

During her tenure at Stanford, Sellers helped the team reach new levels of success. She owned 43 wins in her three years with the program heading into the 2011 postseason, including victories over then No. 10 Notre Dame and No. 5 Syracuse. Sellers was mentored by three-time MPSF Coach of the Year Amy Bokker and coached two-time MPSF Player of the Year Lauren Schmidt, 2011 recipient Leslie Foard and newcomer of the year Anna Kim, and helped placed seven players on 2011's first-team all-conference list.

The native of Kennebunk, Maine, Sellers graduated from William and Mary in 2008 after a 66-goal season that was good enough to break a school single season record that had stood for more than 30 years. She was also a two-time CAA All-Conference player as well as an IWLCA Regional All-American. Over her career, Sellers scored 108 goals and had 19 assists for 127 points.

Christie Kaestner

Assistant Coach



Assistant Coach Christie Kaestner comes to Coastal Carolina University after a four-year career at Duke University, where she led the offense. Named an IWLCA 1st team All-American and 1st team All-ACC in 2011, she set a school record for single season assists and led the team in total points her junior and senior years, amassing 191 points while playing in all 82 games.

A native of Trappe, Maryland, Kaestner's sister Ashby was a three-time All-American at Georgetown and currently plays for team USA. Her brother John is currently a junior on the Johns Hopkins lacrosse team.

In addition, other college coaches from around the nation will join the camp staff.

Our Mission

Our goal for Summer Camp is to provide a positive and fun environment for campers of all levels to be able to develop and grow their technical skill and lacrosse IQ. Each camper will receive the coaching necessary to ensure she is on her way to reaching her full potential as a lacrosse player while enjoying the whole camp experience.

Dates and Fees

June 26-28, 2012

Camp Fee: \$450 Overnight
\$400 Commuter

Non-refundable registration fee: \$250

Price includes: all meals, lodging, and a reversible jersey.

Location

All campers will stay in dorms on the Coastal Carolina University campus. Meals will be served in the dining hall.

Medical Attention

A certified trainer will be available on site to administer attention to minor injuries.

Registration Link

<http://www.active.com/other-camp/conway-sc/coastal-carolina-womens-lacrosse>

OR go to active.com and search Coastal Carolina Women's Lacrosse!

Equipment

Campers are expected to provide their own stick, mouthguard, goggles, and cleats/running shoes. Goalkeepers must provide their own equipment.

What will I learn?

Our summer camp will emphasize the importance of fundamental skills while teaching the techniques and strategies necessary to take your game to the next level. Points of emphasis will include, but are not limited to:

- Stickwork (passing/catching/protection)
- Shooting
- Team offensive and defensive strategy
- Defensive concepts and positioning
- Transition offense and defense

Players will be divided according to skill level. The camp is open to new players and players looking to improve their overall skill.

Registration/Check-out

Registration will be held on June 26 at noon and check out will be held on June 28 at noon. Both check in and check out will be held at a to be determined location.

Goalie Instruction

Goalies will be given training involving development of their individual technique as well as instruction in game like situations. In addition to focusing on individual instruction, each goalie will participate in shooting drills as well as drills designed to include the goalies as an integral part of a team defense.

GO CHANTS!!!