

2009 Blue Jays SPRING TUNE UP for Girls at Johns Hopkins

2 hour **SPRING TUNE UP** features speed work/conditioning for one hour and stick work/skill polishing for one hour. Stick work & skill polishing will focus on stick handling, advanced stickwork, shooting, dodging, checking and goalkeeping preparing you for spring tryouts. Groups will be limited to ensure individual attention. Participants will work on skills for an hour, and then work on conditioning and footwork for an hour.

The **SPRING TUNE UP** is designed for players who are looking to polish their skills, learn advanced skills and get in **LACROSSE** shape before the spring season starts. We will focus on developing individual skills as well as improving overall fitness. Advanced individual skills (catching, throwing, stickwork, dodging, shooting, checking) as well as goalkeeping will be taught in the skills portion.

FOR HIGH SCHOOL PLAYERS ONLY – GRADES 9TH-12TH

Where: Johns Hopkins University
O'Connor Recreation Center, and the Front & Back Gyms in the Newton White Athletic Center

Cost: \$50 per session; you can sign up for one session OR for more than one session – whatever you can fit into your schedule!

When: **Sunday, January 11th 10am-12pm** **Sunday, February 1st 10am-12pm**
Sunday, January 18th 10am-12pm **Sunday, February 8th 10am-12pm**
Sunday, January 25th 10am-12pm

- ✓ *You are signing up for an INDIVIDUAL session (\$50 per session).*
- ✓ *There are a TOTAL of 5 sessions being offered.*
- ✓ *Please be sure to specify which dates you plan to attend.*

You will be working with the coaches and players from Johns Hopkins University and their professional strength & conditioning trainer ~ Chris Endlich.

*Questions? Call the TUNE UP hotline at (443) 744-1398
Please specify on the registration form if you are a goalie!*

Make checks payable to: JHU LACROSSE CAMPS, LLC

Name _____ Parents Email* _____ Players Email* _____
(all correspondence will be done via email...please print legibly)

Dates signing up for _____ Total # of sessions _____ Amount Enclosed _____

Age _____ Grade _____ School _____ Position: **Attack** **Midfield** **Defense** **Goalie**
(please circle one)

US Lacrosse # (if current member) _____ Club Team _____

In signing this application, I release Johns Hopkins University, Johns Hopkins Women's Lacrosse, and other involved parties from any claims or responsibility for injuries suffered in the SPRING TUNE UP. I knowingly assume all risks associated with participation, even if arising from negligence of the participants or others, and assume full responsibility for my participation. I certify that I am in good physical condition and can participate in the Blue Jays SPRING TUNE UP for Girls. Further, I authorize the site director to request medical treatment as necessary to insure my well-being.

Athlete _____ Parent/Guardian _____ Date _____

Insurance Info/Policy # _____

Please make checks payable to ~ JHU Lacrosse Camps, LLC
Send to: Blue Jays Spring Tune Up for Girls • 917 Metfield Road
Towson, MD 21286 • Fax (410) 516.6455 • Email: wlax@jhu.edu

First 20 players per group, per session will be accepted. Registration is on a first come, first served basis!