

OLD SCHOOL PHILOSOPHY:

Coach Cantabene's mission is to provide intensive, small group instruction while stressing the fundamentals of the game. Players will improve their current techniques and learn new ones.

Players should leave the camp with a new appreciation for the game and the importance of knowing old-school fundamentals.



CAMP FEES:

The fee for each session is \$150 per player and includes instruction, an STX reversible, an Under Armour water bottle, and STX raffle prizes. A \$50 non-refundable deposit is due by November 15th with the remainder due by the start of camp. After November 15th please call for space availability. Confirmations of enrollment are e-mailed each Sunday.

CAMP DETAILS:

- ~ Each camper Can be a current US Lacrosse player member. That way you will be covered by insurance.
- ~ Space is limited to ensure a high counselor to camper ratio.
- ~ Each camper is required to bring their own equipment - helmet, gloves, shoulder pads, arm guards and stick.
- ~ Participants must be 14-18 years old.

CAMP LOCATION:

The University of Maryland, athletic practice fields

CAMP SCHEDULE:

- 9:00 - 9:20 Introductions & Stretching
- 9:25 - 10:00 Face-off Drills & Evaluations
- 10:00 - 10:30 Face-off Techniques & Counters
- 11:15 - 11:45 Face-off Skills & Study
- 12:00 - 12:30 Contests & Strength Coach
- 12:30 - 12:45 Raffles & Wrap Up

Same Schedule in the afternoon session

Paul Cantabene's OLD SCHOOL LACROSSE CAMP



***FACE-OFF SPECIALIZATION CAMPS
FOR
14-18 YEAR OLD PLAYERS
JUNE 21, 2004 9 AM TO 12:00 PM
10-14 YEAR OLD
JUNE 21, 2004 PLAYERS 1:00 PM
TO 4:00PM***

OLD SCHOOL STAFF:

Paul Cantabene was a collegiate all-American and co-Captain at Loyola College. Prior to joining the professional ranks he played for the Mt. Washington Lacrosse Club where he was named to the first team, all-club six times. In 2000, he was named Player of the Year for the Souther Division of the United States Club Lacrosse League. Professionally, he has played in the National Lacrosse League for 11 seasons, the most recent with the Philadelphia Wings. He was an NLL all-star in 1999 and 2001 and was the game MVP in 1999. Cantabene is a starting midfielder and co-captain for the Baltimore Bayhawks. He was a member of the 2002 championship team and was an MLL all-star in 2001 and 2002. He was nominated for the Sobe Iron Lizard award in 2001 and 2002, the year he took home the honor. He is being inducted into the US Lacrosse Greater Rochester Hall of Fame in October.

Cantabene began his collegiate coaching career at Johns Hopkins from 1995-1998. In 1999 he became the offensive coordinator for Towson University. In 2002, he became the offensive coordinator at the Univeristy of Maryland. Cantabene's face-off players continually are ranked nationally in all face-off categories.



Justin Berry is a 2001 graduate of Towson Univeristy where he captained the Tigers to their first final four appearance in a decade. Berry is Towson's all-time leader in the face-off category winning 460 carrer face-offs including 257 in his senior season. Recieving All-American honors in his senior season, Berry was also named the "best face-off man in college lacrosse" by Inside Lacrosse magazine. After learning from his coach and mentor, Cantabene, Berry played for the New Jersey Pride where he shared the face-off responsibilites with Peter Jacobs.

Mark Goers, a collegiate All-American at Towson University, held all face-off records until Justin Berry arrived. However, his 78.8 face-off winning precentage is still the best single-season winning precentage in NCAA history. An assistant coach at the U.S. Naval Academy, his face-off man was the best in the ECAC in the 2003 season. Prior to joining the Midshipmen, Goers was an assistant coach at Ohio State University. He also had coaching stints with the 1996 NCAA Tournament quarterfinalist, Towson University, and the Virginia state regional finalists, Langely High School. Goers played for the NLL Columbus Landsharks and was an all-club member while playing for Team Toyota.

Peter Jacobs is a 1995 graduate of Johns Hopkins University were he was captain his senior year. He led the Blue Jays in face-offs with a 153-108 record and was coached by Paul Cantabene. Since 1996 he has played with the Philadelphia Wings and the New Jersey Pride. Jacobs also played for the 1998 World Champion United States team. He is currently an assistant coach at the University of Pennsylvania.

Pat Miller, a 2001 Johns Hopkins University Univeristy graduate, crafted his face-off knowledge for two years from Paul Cantabene when he was an assistant coach with the Blue Jays for two years. Since graduating, Miller has been an assistant coach at his alma mater working with the face-off men.

Old School Face-Off Camps will have additional, current premier collegiate face-off specialists in attendance.

Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____

Home E-mail: _____

Parent's Names: _____

Parent's Phone Number: _____

Parent's E-mail: _____

(for confirmation if different from above)

US Lacrosse Number: _____

Expiration Date: _____

Birth Date: _____ Grade: _____

Special Medical Needs: _____

Check number: _____

Please Check one

14-18 year old Session Morning _____

10-14 year old Session Afternoon _____

Mail payment to:

Old School Lacrosse Camps

616 Highwood Drive

Baltimore, Maryland 21212

Phone: (410) 323-0313

Email: pjcantabene@hotmail.com