

More About the Camps

2012 Navy Girls Lacrosse Camp

Navy Women's Lacrosse Camps are designed to teach and develop the fundamental skills of the game, as well as team concepts in a fun, educational and confidence building environment. It is a chance to learn sportsmanship, leadership and teamwork. It is also a great opportunity to meet other young lacrosse players and experience different coaching techniques from some of the best coaches in the nation.

Important Information:

Registration: Online registration is available at www.NavySports.com. Click on the **Camps** link or mail attached application and payment in **FULL** to the Naval Academy Athletic Association. Payment by credit card is accepted **ONLINE ONLY**.

Confirmation: Once we receive your registration information we will send you a confirmation packet for the camp you have registered for with detailed information.

Medical Care: All campers must have their own accident and health insurance. A certified athletic trainer will be available 24 hours a day.

Lodging: Overnight campers stay in the largest dormitory in the United States - Bancroft Hall - which is **AIR CONDITIONED!** Campers will eat breakfast, lunch and dinner in King Hall, which hosts all 4,400 Midshipmen at once.

Facilities: For the Open and Elite camp, we will be using our turf facility and grass fields located at Farragut Field off of Brownson Rd. on the Academy grounds. For Youth Day Camps, we will be using Navy-Marine Corps Memorial Stadium at 511 Taylor Ave., Annapolis, MD 21401.

2012 Navy Girls Lacrosse Camp



GO NAVY

For more information or questions,
please contact Navy Women's Lacrosse at
(410) 293-8797 (Phone)
(410) 293-5526 (Fax)
womenslacrosse@usna.edu (Email)
or visit: www.NavySports.com

N.A.A.A. Summer Camps
Navy Girls Lacrosse Camp
151 Cooper Road, Wesley Brown Field House
U.S. Naval Academy
Annapolis, MD 21402

2012 Navy Girls Lacrosse Camps



Youth Day Camp (Two Sessions)
June 18-19, 2012
and June 20-21, 2012

Elite Gold Camp
June 21-23 2012

Open Blue Camp
July 5-7, 2012

U.S. Naval Academy
Annapolis, Maryland

See camp descriptions for age requirements
and other information

Directed by:
Winningest Coach in Women's Lacrosse

Cindy Timchal
Navy Women's Lacrosse Head Coach

Sponsored by the NAAA

NAVY WOMEN'S LACROSSE

Typical Overnight Schedule

7:15 a.m.	Wake-up
7:30 a.m.	Breakfast
9-11:30 a.m.	Session I
12 p.m.	Lunch
1 p.m.	Optional Instruction
2-4:15 p.m.	Session II
5 p.m.	Dinner
6-8 p.m.	Scrimmages
9 p.m.	Night program
10:30 p.m.	Bed check / Lights out

About The Camps

NAVY YOUTH DAY CAMP

Session I: June 18-19, 2012

Session II: June 20-21, 2012

9 a.m. - 1 p.m.

5 years to 12 years of age

One Session – \$160

Both Sessions – \$300

This camp is specifically designed to teach and develop the fundamental skills of the game: throwing, catching, shooting, ground balls, offensive and defensive skills, feeding and confidence level improvement, in a fun and educational atmosphere. Goalie instruction will be offered.

NAVY ELITE GOLD CAMP

June 21-23, 2012

Rising high school sophomores, juniors and seniors

Cost: \$525

This challenging camp is designed for the elite lacrosse player who aspires to play lacrosse in college. The sessions are intense, highly competitive, and emphasize high level techniques, skills and strategies. Evening sessions include full-field games. Goalie instruction will be offered. Camp also includes a College Recruiting Question and Answer session.

NAVY OPEN BLUE CAMP

July 5-7, 2012

Rising seventh-, eighth- and ninth-graders

Cost: \$495

This camp is designed for players of all ability levels. There is a strong emphasis on mastering skills as well as moving on to more advanced parts of the game. Sessions will focus on individual skills, team concepts and full field play. Campers will be divided by age and skill level in order to provide the appropriate learning environment. Goalie instruction will be offered.



About the Camp Directors



Cindy Timchal
Camp Director
Head Coach
Navy Women's Lacrosse

- Eight National Championship titles
- Two-time National Coach of the Year
- Four-time ACC Coach of the Year

- NCAA career-wins leader with 379 victories
- Fifth all-time in winning percentage at .794, second all-time at D-I
- Has coached 53 different players to 95 All-American honors



Allison V. Fondale
Associate Head Coach
Navy Women's Lacrosse

- Two-time All-American at Loyola
- Two-time All-CAA
- NCAA Tournament Team 1997
- Former Associate Head Coach at Duke

- Former Assistant Coach at Maryland
- Former Head Coach at Ohio University



Kristen Waagbo
Assistant Coach
Navy Women's Lacrosse

- All-time career and season assist leader at Duke
- Two-time NCAA All-Tournament Team
- Two-time All-American

- Two-time All-ACC
- Tewaaron Trophy nominee and semifinalist in 2007
- Two-time ACC Player of the Week



Corey Donohoe
Volunteer Assistant Coach
Navy Women's Lacrosse

- All-time goals and points leader at UNC
- Two-time First Team All-American
- Three-time All-ACC
- Member of the U.S. National Team

Staff to Include:

- Top Division-I women's lacrosse coaches and players

Application

Choice of Sessions —

- June 18-19 — Youth Day Camp, Session I \$160
- June 20-21 — Youth Day Camp, Session II \$160
- Both Youth Day Camp Sessions, June 18-21 \$300
- June 21-23 — Elite Overnight Camp \$525
- July 5-7 — Open Overnight Camp \$495

Name _____

Address _____

City _____ State _____ Zip _____

Parent's Name(s) _____

Day Phone _____

Evening Phone _____

Email Address (required) _____

Age as of June 2012 _____

Year of HS Graduation (overnight camp only) _____

Position (circle one) A M D GK Years of Experience _____

School _____

Club Team _____

Level of Play (circle one) Beginner Intermediate Experienced

Roommate Preference:

*Roommate preference must be declared in advance.
Age of roommates needs to be similar. Overnight camp only.*

\$100 camp deposit (nonrefundable) or payment in full must accompany application. Federal ID# 52-0613669.

Method of Payment for Camp

Amount Enclosed _____

Check Number _____

*Payment by Credit Card is accepted **ONLINE ONLY** at www.NavySports.com
A \$12 Navy online processing fee is administered to credit card payments

Please send applications and deposit to:
Navy Girls Lacrosse Camp
151 Cooper Road, Wesley Brown Field House
Annapolis, MD 21402
Fax: (410) 293-5526

Medical Information

Applicant's Name _____
(Please print)

Medical Treatment Authorization

I/We being the legal guardians of the above applicant authorize the Naval Academy Athletic Association, the specific camp and its agents, permission to request medical treatment as necessary to insure the well being of the applicant.

(Parent or Guardian Signature) (Date)

Parent Contact Number _____

Insurance

Coverage for accidental injury is required by all participants. Please complete the health information below.

Health Insurance Carrier _____

Policy Number _____

*I approve of my child's attendance at the Naval Academy Athletic Association Sports Camp and certify that s/he is in good health and able to participate in all activities. I (am/am not) attaching a statement explaining special physical limitations and/or required medication. Please indicate if your child suffers from allergies, asthma, diabetes, restricted activities, etc. In further consideration of the Naval Academy Athletic Association accepting this application, I/we hereby agree to save and indemnify and keep harmless the Naval Academy Athletic Association, its agents and employees against any and all liability, claims, judgments or demands for damages arriving as a result of injuries sustained by the applicant during or as a result of any course given the applicant by the Naval Academy Athletic Association. Furthermore, as the parent/legal guardian for this child, I understand it is my responsibility to provide the Naval Academy Athletic Association with a **COMPLETE AND VALID PHYSICAL EXAMINATION FOR THIS CAMPER PRIOR TO THE START OF CAMP.***

(Parent or Guardian Signature) (Date)

Please Complete if You Would Like Information Sent to a Friend

Name _____

Address _____

City _____ State _____ Zip _____