

Amy Bokker
Camp Director

Make Checks Payable to:
Change Your Level Lacrosse, Inc.

Mail to:

Jaime Sellers

Stanford University

641 East Campus Drive

Stanford, CA 94305



Coach Bokker finishes her first year as the Head Coach at Stanford University. Prior to being Stanford's head coach, she was at George Mason University for 11 years and was the winningest coach in the program's history.

During her tenure there, Bokker's squads maintained their status as one of the nation's elite

programs with six top-20 national finishes, including a final national ranking of No. 16 in her last season. At least two players were named All-CAA selections every year during her tenure and the Patriots were well-represented with several IWLCA Academic Honor Roll and Verizon Academic All-American selections. These tremendous accomplishments can be attributed to her extensive knowledge of the women's game and her ability to relate to today's student-athlete. A native of Phoenixville, PA., she earned All-American honors in lacrosse as a player at William & Mary.

Name _____

Address _____

City _____

State/Zip _____

Home Phone _____

Cell Phone _____

e-mail _____ (required)

Birthdate _____

School _____

Years of Experience _____

Position _____

Check the following:

Cardinal Camp \$325

Deposit _____

641 East Campus Drive
Stanford, CA 94305
Phone: 650-725-0018
Fax: 650-725-4471
Email: sellers@stanford.edu

Cardinal Lacrosse
Camp



Grades 3 - 10

Our Goal

Our goal at the Cardinal Camp is to develop your daughter's knowledge of the women's game in a fun and positive environment. We will emphasize the importance of fundamental skills while teaching them techniques and strategies necessary to take their game to the next level. Our mission is to make sure each camper is on their way to reaching their full potential as a lacrosse player while enjoying the whole camp experience.

What to Expect

Stanford Lacrosse Camp will help your daughter gain experience in the following categories:

- Stickwork (passing/catching/protection)
- Shooting
- Attacking techniques
- Defensive footwork and positioning
- Team offensive and defensive strategy

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

Dates and Fees

July 6th-9th

9:00 am – 3:00 pm

Camp Fee: \$325

Non-refundable registration fee: \$200

Medical Attention

A medical release form will be forwarded via email for completion along with a confirmation letter and directions to camp.

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

Equipment

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

Every camper will also be required to pack their own lunch.

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.

Location

Camp will be held on the Stanford soccer and lacrosse fields alongside El Camino Avenue. All fields are grass.

Coaching Staff

The coaching staff will be led by the current Stanford University lacrosse assistant coaches, Brooke McKenzie and Jaime Sellers. McKenzie was previously an assistant under Head Coach Bokker at George Mason. A 2006 graduate of James Madison University, she was a four-year starter and earned Second Team All-CAA and VaSID All-State honors during her senior season. McKenzie is also a member of the Canadian World Cup Team. Sellers completed her collegiate career in 2008 as a team captain, earning All-CAA first-team, VaSID first team, and IWLCA All-South 2nd Team honors. McKenzie and Sellers will be assisted in coaching at Stanford Lacrosse Camp by current and former members of the Stanford Lacrosse team.