

# L.A. LAX CAMPS

(Lansing Area Lacrosse)

**Camp Director: Rich Kimball** Rich is currently the Athletic Director at Lansing Catholic High School. From 1980 to 1997 Rich was the Men's Varsity Lacrosse Coach at Michigan State University. He led three teams to the Div. I NCAA Lacrosse Tournament while compiling over 100 wins at MSU.

**Camp Director: Shawn Grady** Shawn is currently the Boy's Lacrosse Coach at Okemos High School. He played his college lacrosse at Michigan State where he was an outstanding midfielder and face-off man. He continued his lacrosse career playing for the Chicago Lacrosse Club before moving back to Okemos and starting the Okemos High School Program.

**Camp Director: Boku Hendrickson** Boku was an All-American Defenseman at Cortland State in 1974. He was the Head Coach of Michigan State Lacrosse in the late 70's and then was an Assistant Coach at MSU from 1980 to 1997. Currently Boku is the Assistant Principal at Pleasant View School in Lansing.

**Coaching Staff:** The coaching staff will consist of other high school coaches and assistant coaches from the Mid-Michigan area.

## YOUTH SUMMER CAMP:

**Grades:** 4-8 (as of Sept. 09): All ability levels

**Location:** Lansing Catholic High School  
501 Marshall St. Lansing, MI 48912

**Date/Time:** Monday June 29<sup>th</sup> through  
Thursday, July 2<sup>nd</sup> Noon – 2:30 p.m.

**Cost:** \$65 / camper

**Equipment:** a limited supply of equipment will be available. Each camper will need a helmet, gloves, arm pads and cleats. There will be some contact in this camp.

This camp will cater to all levels of lacrosse ability from the beginning to the accomplished middle school player. The emphasis will be on the fundamentals of lacrosse. The proper techniques of throwing, catching, cradling, scooping, passing will all be stressed as well as individual offensive and defensive skill and team play.

Players will be divided by age and ability level.

## HIGH SCHOOL SUMMER CAMP:

**Grades:** 9-12 (as of Sept. 09): The ability to catch and throw is a minimum requirement

**Location:** Lansing Catholic High School  
501 Marshall St. Lansing, MI 48912

**Date/Time:** Monday, June 22<sup>nd</sup> through  
Thursday June 25<sup>nd</sup> 6-8:30 p.m.

**Cost:** \$100 / camper

**Equipment:** Campers must have their own equipment including helmet, gloves, arm pads, shoulder pads and mouthpiece. This is a full contact camp.

While this camp will stress the fundamentals of lacrosse, it will concentrate on more advanced skills. Offensive and defensive individual skills and how they relate to team offense and defense will be stressed. Special time will be spent on goalie play and the role of the goalie in team defense.

For more information or registration, please call **L.A. LAX** at 517-267-2113

**REGISTRATION FORM**

Name\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_

State\_\_\_\_\_ Zip\_\_\_\_\_

Phone\_\_\_\_\_

Email\_\_\_\_\_

Emergency Contact\_\_\_\_\_

Emergency Contact Phone\_\_\_\_\_

Grade (as of 9/1/09)\_\_\_\_\_

Youth Camp or High School Camp  
(circle one)

T-shirt size ys ym yl yxl

am al axl axxl

**Deadline for registration is June 19<sup>th</sup>,  
2009**

**Disclaimer of Liability:** The child, in attending the L.A. Lax Camp and in using Lansing Catholic facilities, does so at his/her own risk. The L.A. Lax Camp and its staff shall not be liable for any damages arising from personal injury sustained by the child during the L.A. Lax Camp or facilities. The child and his/her parents assume full responsibility for any and all damages or injuries which may occur to the child during any and all sessions. Thus, we hereby fully and forever exonerate and discharge L.A. Lax Camps and its staff from any and all claims, demands, rights, or actions or causes of actions, present or future, whether the same be participation in the L.A. Lax Camp.

Child's  
Name: \_\_\_\_\_  
has had a physical exam within the last calendar year or has my permission to participate without the above physical exam.

Parent's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Please make checks payable to:  
LANSING CATHOLIC HS**

**Mail registration to:**

Rich Kimball  
Lansing Catholic HS  
501 Marshall  
Lansing, MI 48912

**L.A. LAX  
SUMMER CAMPS  
2009**