

YMCA CAMP HOUGH LACROSSE CAMP

Registration Form

Name	Date of Birth
Street Address	City, State, Zip
Phone Number	Email Address
Emergency Contact	Emergency Contact Phone #
T-Shirt Size	Roommate Request
FEE \$200	Total Paid:

The undersigned agrees to hold harmless the GLOW YMCA and or its employees/agents as a result of their participation in the program except in the case of those incidents which are a direct result of gross negligence by the GLOW YMCA or its employees/agents. I hereby certify that I have sufficiently trained and am physically fit to compete in this event. I have hereby read the entry information provided and certify my compliance by my signature below. I also hereby give my permission to the media to use my name and or picture in any newspaper, broadcast, telecast or any other account of this event without limitation and without any obligation of anyone to compensate me further.

Parent/Guardian Signature _____

Date _____

YMCA CAMP HOUGH
 4163 West Lake Road
 Silver Springs, NY 14550
 585-237-5160
 Www.camphough.org



YMCA CAMP HOUGH LACROSSE CAMP

YMCA Camp Hough and the Ricky Palermo Spinal Injury Foundation are hosting the First Annual PROFESSIONAL Lacrosse Clinic July 1-3rd.

**PRACTICE
PREPARE
PERFORM**



DESCRIPTION OF CAMP

The 1st Annual YMCA Lacrosse Camp will be held at beautiful YMCA Camp Hough. Athletes ages 10-18 can experience top line coaching along with traditional camp activities like swimming, boating, fishing, high ropes course and more.

The clinics will be taught by PROFESSIONAL LACROSSE PLAYERS from across the country who will be aided by local and regional High School and College Coaches. A mixture of skill building, game situational drills and scrimmaging make this camp one you won't want to miss. Groups will be split up based on ability and age of the athlete. Each group will be guaranteed 6-hours of instruction throughout the weekend.

SCHEDULE OF EVENTS

Friday July 1st

6:00pm	Arrive and Check-in @ Camp
7:00-8:30pm	Player Evaluation
8:30-9:30pm	Lecture
9:30-11:00pm	Campfire

Saturday July 2nd

8:00am	Breakfast
9:00am	Skill Building Session
11:00am	Scrimmage
12:00pm	Lunch
1:00pm	Swimming
2:00pm	Skill Building Session
4:00pm	Scrimmaging
6:00PM	Dinner
7:00pm	Open Fields and Courts
8:00pm	Campfire

SUNDAY July 3rd

7:30am	Polar Bear Swim
8:00am	Breakfast
9:00- 11am	Skill Session
11:00-1:00pm	Camp Activities
1:00pm	Depart

TEAM OPTIONS

Teams are encouraged to attend camp together. For every eight players a team registers, they will get 1 player free.

Coaches who volunteer to help assist with the program will receive a voucher for 1 free player to attend camp. Coaches who are interested in helping should contact YMCA Director of Camping Erik Fix at 585-237-5160.

TO REGISTER

COST OF THE CAMP IS \$200. SPACE IS LIMITED TO THE FIRST 100 CAMPERS.

By Mail - Complete the form on the opposite page and mail it with your \$200 registration fee to the Y.

On Line - Go to www.camphough.org. Click on the registration tab on the left side of the screen and follow the instructions. Pay your \$200 registration with a Visa or MasterCard.

In Person - Stop by any branch of the GLOW YMCA. Fill out the registration form before you stop or while at the YMCA. Pay your \$200 fee in cash or with a check, Visa or MasterCard.

ABOUT CAMP HOUGH

Camp Hough's 15 acres hug the southwest end of Silver Lake and is a short hike or canoe ride from the 800 acre Silver Lake State Park. Camp Hough's 400 feet of lakeshore combined with huge hardwoods, open fields and a grove of Red Pines, provides a beautiful natural backdrop to a wide range of land and water based activities for people of all ages, interests and abilities.

Camp's cabins sleep 12 people. Campers will be placed in cabins based on age and gender. Teams with more than 8 registrants may request their own cabins. Participants must provide their own linens, pillows and blankets. Cabins are equipped with electricity and the centrally located bath house has hot showers and ample space to prepare for the day. Healthy meals will be served in the camp dining hall.

Proceeds from the Camp benefit the Ricky Palermo Foundation which has donated more than \$620,000 to find a cure for paralysis. For more information on the foundation or spinal injury research go to RickyPalermo.org. Or theMiamiProject.edu