



LIGHTHOUSE LACROSSE, INC.  
P.O. BOX 50  
EAST MEADOW, NY 11554-0050

**LIGHTHOUSE LACROSSE**

**2011**

**Boys & Girls Instructional Camps**

**SUMMER LACROSSE**

**HANDS ON STRINGING LESSONS**  
**FREE LACROSSE HEAD!!\*\***  
**STRUCTURED DRILLS AND CLINICS**  
**FULL FIELD GAME PLAY**

**\*\*FREE HEAD FOR CAMPS WITH STRINGING SESSIONS ONLY**

**DETAILS AND SIGNUP ONLINE:**  
**WWW.LIGHTHOUSELACROSSE.COM**

**FREE GK HEAD!**



**LIGHTHOUSE LACROSSE** focuses on teaching fundamentals of the game and introducing important life lessons to help young players develop strong lacrosse skills while developing good character. Through positive reinforcement and motivation, campers learn lacrosse skills and key concepts while they compete in fun contests and participate in dynamic drills.

No experience is necessary to attend camp. Players are grouped by gender, age, position and skill. Each camper will be provided with individual instruction that will improve his or her skill level. Lighthouse Lacrosse has a proven curriculum that guarantees improvement and a whole lot of fun!

At Lighthouse Lacrosse Camp, young players are encouraged to work as a team as they are exposed to key skills and qualities that will help them improve and develop a love for lacrosse. Lighthouse Lacrosse combines structured lacrosse instruction with valuable life lessons to help young players learn the basics of the game, while being exposed to essential qualities that will inspire them to become better lacrosse players and stronger individuals. What your son or daughter will learn on the field will translate into life success as well as the inspiration to take their game to the next level!

Each summer has provided new faces and new opportunities for us as a staff. Words cannot explain how much fun it is for our staff to watch campers grow both as individuals and as lacrosse players in the short amount of time we have them at camp. As we prepare for our fourth summer season, Lighthouse Lacrosse would like to invite you to join us in making Lighthouse Lacrosse the best Lacrosse camp on Long Island!

**REGISTER NOW AT [WWW.LIGHTHOUSELACROSSE.COM](http://WWW.LIGHTHOUSELACROSSE.COM)**

## 2011 SUMMER CAMPS

**ALL CAMPS ARE COED**  
†† - **BOYS ONLY**

**CANTIAGUE PARK**  
490 WEST JOHN St :: HICKSVILLE, NY 11801  
**OUTDOOR TURF FIELD CAMP**  
**DATES:** July 18th – 21st  
**HOURS:** 9AM – 3PM  
**REGISTRATION:** \$375; Full Day (9 AM – 3 PM);  
Grades 4-10  
**REGISTRATION:** \$225; 1/2 Day (9 AM – 12 PM);  
Grades K-3

**BUCKLEY COUNTRY DAY SCHOOL**  
21 U WILLETS ROAD :: ROSLYN, NY 11576  
**OUTDOOR GRASS FIELD CAMP**  
**DATES:** August 22nd – 25th  
**HOURS:** 9AM – 3PM  
**REGISTRATION:** \$375; Full Day (9 AM – 3 PM);  
Grades 4-10  
**REGISTRATION:** \$225; 1/2 Day (9 AM – 12 PM);  
Grades K-3

### **CAMPERS PROVIDE THEIR OWN EQUIPMENT & LUNCH**

Campers receive a Lighthouse reversible jersey. Equipment, apparel, and more can be purchased through our official sponsor The Lax Hut ([www.thelaxhut.com](http://www.thelaxhut.com)). Lunch is not provided. There will be a camp store with snacks, drinks, and camp apparel.

## CONTACT INFO

**PHONE:** (516) 410-8735  
**MAIL:** PO BOX 50, EAST MEADOW, NY 11554-0050  
**E-MAIL:** [info@lighthouselacrosse.com](mailto:info@lighthouselacrosse.com)  
**WEBSITE:** [www.lighthouselacrosse.com](http://www.lighthouselacrosse.com)

# CAMP DIRECTORS

## RYAN RADONIS

- Current Buckley Country Day School Lacrosse Coach
- Former Molloy College Men's Assistant Lacrosse Coach
- New York Athletic Club (NYAC) – '07, '08, & '09 National Champions
- Pro Player – MLL Rochester Rattlers & LI Lizards
- Selected for 2006 USA Lacrosse Team Tryout
- Academic All-American – Loyola College
- NCAA leader in Face-off Win Percentage & Ground Balls Per Game
- LI Empire State Team Gold Medalist

## BRIAN LOESCH

- Bucknell University
- Patriot League Champions
- Team Captain
- Coached over-seas in the U.K.
- Current Elementary School teacher and coach at Columbia Grammar and Preparatory School in NYC

# LIFE & LEADERSHIP SKILLS

Campers will be introduced to life skills, leadership skills and effective communication skills which will help your child to further develop strong character, build confidence, make new friends and discover new interests. Campers will be challenged with activities that will expand their comfort zones.

## SKILLS TAUGHT:

- Attitude
- Ownership
- Commitment
- Motivation
- Critical thinking
- Responsibility
- Anger management
- Stress management
- Communication
- Conflict resolution
- Teamwork
- Problem solving
- Self-esteem
- Time management

# SCHEDULE

## MORNING SESSION

Morning session will concentrate on developing fundamentals, individual skills, positioning, field spacing, and transitional play (dodging, feeding, shooting, groundballs, takeaway checks, face-offs/draws, stick protection, 1-1 defense, etc.).

## AFTERNOON SESSION

Afternoon session will be a continuation of comprehensive instruction with emphasis on players showcasing the skills learned during the morning session in full field play, which will allow staff to evaluate, critique, and make recommendations.

## STRINGING SESSION ††

Far too few boy lacrosse players have the ability to properly string or adjust the way their stick throws, that is why Lighthouse Lacrosse offers detailed stringing lessons throughout the 4 days of camp.

## STRENGTH & CONDITIONING SESSION

Creative strength and condition exercises that are specifically designed for lacrosse. The sessions will focus on developing an edge by instilling motivation and guidance through "Peak Endurance", a sports-specific mind-set that concentrates on increasing stabilization, strength, agility, and speed.

# THE LIL' LAXIERS

The Lil' Laxers Lacrosse Academy is a half-day skill development program for boys and girls in grades K-3rd. The program emphasizes building self-confidence, developing motor skills and sportsmanship, while promoting physical fitness in a fun environment. Campers will participate in drills and learn the game through demonstrations that will concentrate on improving his or her passing, cradling and scooping skills.

*\*\*\*Campers must bring their own stick and mouth-piece.\*\*\**

# LIGHTHOUSE DIFFERENCE

- Reebok 6K Unstrung Head (\$65 value) and Mesh Stringing Kit ††
- Custom Lighthouse Lacrosse Stick Bag (girls and 1/2 day only)
- Lighthouse Lacrosse Reversible Jersey
- Daily Contests (Fastest Shot, Accuracy, Face-offs, Talent Show, Camper/Staff challenges, etc.)
- Q&A session with a certified NCAA Official
- Lacrosse Specific Strength & Conditioning Training
- Hands on High Quality Instruction from top NCAA, Club, World Team, and Pro players
- Life and Leadership Skills Program
- Louis J. Acompora Memorial Foundation Wristband
- Autographs from the Nation's Best Lacrosse Players
- Daily raffles from the Lax Hut and Reebok (sticks, gloves, apparel, etc.)
- Excellent Competition

# DISCOUNT PROGRAMS

- LAX HUT DISCOUNT:** \$15 off registration; Spend over \$100 at any LAX HUT or Online (thelaxhut.com)
- FAMILY DISCOUNT:** \$25 off each family member
- RETURNING CAMPER DISCOUNT:** \$25 off
- GROUP DISCOUNT:** \$25 off each team member or friend (3-9 campers) \*\*\*Email info@lighthouselacrosse.com for a team or group discount code.
- TEAM DISCOUNT:** \$40 off each team member or friend (10 or more) \*\*\*Email info@lighthouselacrosse.com for a team or group discount code.

*NOTE: Discounts cannot be combined with any other offer. Only one discount code will be honored per child at the time of registration. Please visit www.lighthouselacrosse.com for more information on these special rates.*

# PERSONAL LESSONS

Lighthouse Lacrosse's personal lessons are structured and tailored to each player's goals, abilities, and skill levels. By developing custom programs for each player, sessions are meant to maximize improvement and knowledge of the game. Reviews and critique are given at the end of each session, and scheduling of times/location are always flexible. Personal lessons are available for boys and girls of all ages and skill levels. For more information or to contact us about setting up a session, please visit: [www.lighthouselacrosse.com](http://www.lighthouselacrosse.com).

## CAMP REGISTRATION - PLEASE WRITE IN CAPITALS

**Cantiague** (July 18-21):  Full Day (\$375)  Lil' Laxers (Half Day/\$225)

**Buckley** (Aug 22-25):  Full Day (\$375)  Lil' Laxers (Half Day/\$225)

Player Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone:  Cell  Home  Work

Date of Birth: \_\_\_/\_\_\_/\_\_\_ // \_\_\_ Grade as of 9/11: \_\_\_\_\_

Gender:  M  F Pos.:  A  M  D  G Jersey Size:  Yth  S/M  L/XL

E-mail: \_\_\_\_\_

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

Health/Medications/Allergies: \_\_\_\_\_

## PAYMENT METHOD

Please make checks payable to **LIGHTHOUSE LACROSSE** and mail application and payment to: **PO BOX 50, EAST MEADOW, NY 11554-0050.**

For Credit Cards, please complete the following information:

Check# \_\_\_\_\_ Visa \_\_\_\_\_ MasterCard \_\_\_\_\_ AMEX \_\_\_\_\_ Discover \_\_\_\_\_

Discount Code: \_\_\_\_\_ Total Payment Enclosed: \_\_\_\_\_

Cardholder Name \_\_\_\_\_ Signature \_\_\_\_\_ Expiration Date \_\_\_\_\_ CW2# \_\_\_\_\_

Credit Card Number \_\_\_\_\_

**Questions?** Contact Lighthouse at [info@lighthouselacrosse.com](mailto:info@lighthouselacrosse.com). Upon receipt of application & payment, campers will receive a confirmation e-mail and camper information packet.

I understand and except that the risk of injury is possible while participating in the program and I assume all risk of loss and any liability related thereto. I agree to defend, indemnify and hold harmless Lighthouse Lacrosse (LL) from and against loss or liability related to such participation, including, without limitation, arising from, related to, or in connection with (a) participation in program, (b) injuries suffered or that may be compounded or increased by the negligent rescue operations or procedures of LL, and (c) occupancy of any facility owned, controlled, or occupied by LL, however caused. I do hereby release LL of and from such loss or liability. I acknowledge LL is not responsible for lost or stolen property. I also give LL an irrevocable, unrestricted, worldwide right to use for any lawful purpose participant's performance, likeness, sound and/or voice recording taken during the program. Please refer to [www.lighthouselacrosse.com](http://www.lighthouselacrosse.com) for refund and cancellation policy.

Parent or guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_ Official Use Only: Cash \_\_\_\_\_ Amt \_\_\_\_\_ Date \_\_\_\_\_ Wait List \_\_\_\_\_ Late Fee \_\_\_\_\_