

Crimson Lacrosse
Position & Shooting Clinic Programs

POSITION CLINIC

Attack/Midfield Concepts: Stickwork, Dodging, Feeding, Off-Ball Play, Crease Work, Cutting, Shooting, Face-offs, and Riding.

Defensive Concepts: Stickwork, 1v1 defense, Playing Picks, Sliding Technique, Communication, Clearing, Off Ball Defense.

Goalie Concepts: Fundamentals, Positioning, Stopping the ball, Clearing, Communication.

SHOOTING CLINIC

Learn the "Crimson Lacrosse" way to develop your shooting form. By teaching the individual parts of shooting, campers will understand what your whole body needs to do to develop an accurate fundamentally sound shot. We will teach using cues that campers will remember as they continue to work on their shot after the clinic.

Our goal is for you to walk away with an understanding of how to shoot and a toolbox of drills to help you become the best shooter you can be.

Shooting Skills Include:

Proper hand extension, Torso rotation, Quick release, Shooting on the run, Crease shooting, Time and Room shooting.

HARVARD MEN'S LACROSSE 2010 SCHEDULE

Date:	Opponent	Time
2/27	CANISIUS	1pm
3/3	@Georgetown	3pm
3/6	@ Holy Cross	1pm
3/13	@Umass	1pm
3/16	COLGATE	4pm
3/20	BROWN	3pm
3/27	DARTMOUTH	4pm
4/2	DUKE	7pm
4/10	@ Cornell	3pm
4/17	@ Penn	1pm
4/24	PRINCETON	3pm
5/1	@Yale	1pm

Home Games in CAPS

Times subject to change



**CRIMSON
LACROSSE
2010**

***Position & Shooting
CLINICS***

Location: Harvard Stadium Bubble

Dates:

**January 23: Position Clinic
4th-12th Grades
1pm-4pm**

**January 24: Shooting Clinic
4th-12th Grades
9am-12pm**

**Cost: \$75 per Clinic
\$125 Position & Shooting
Package**

**CRIMSON LACROSSE
POSITION & SHOOTING CLINICS**

**Crimson Lacrosse
P.O. Box 381031
Cambridge, MA 02238**

For additional information please contact us via email at
crimsonlacrosse@gmail.com

Crimson Lacrosse Philosophy

The objective of Crimson Lacrosse is to offer a sound foundation of lacrosse skills to all. We are committed to the game, and everyday we strive to help foster the growth of the sport through coaching and teaching.

The Crimson Lacrosse foundation is built around Harvard University's head coach, John Tillman. Coach Tillman brings a wealth of lacrosse knowledge and experience that is backed up by a number of the game's top coaches who are excited to share their understanding of the game to all lacrosse enthusiasts.

Our staff provides an environment which emphasizes the importance of teamwork, leadership, hard work, and sportsmanship. Crimson Lacrosse prides itself on providing a fun environment, conducive to learning fundamental lacrosse.

Winter Clinic Philosophy

The Crimson Lacrosse Position/Shooting Clinic is designed to provide a top notch lacrosse experience focusing on the fundamentals of each position and properly instructing each camper on the art of shooting.

Campers will be divided into groups based on position, age, and experience to guarantee each camper the personalized instruction they deserve. Our job is to help the camper become the best lacrosse player they can be by teaching them the same concepts that are taught to our players at Harvard.



Clinic Information

Clinic Staff:

All clinics will be run by the Harvard Lacrosse coaching staff: Head Coach John Tillman and Assistants Kevin Warne, Rob Cross, and Greg DuBoff. Current players will also assist in providing personal instruction to each camper.

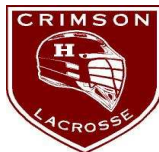
Location/Facilities:

Harvard University, the world's most renowned educational institution, sits on the banks of the Charles River, minutes away from downtown Boston. The campers will have the chance to play indoors in Harvard University Stadium's bubble. The Stadium's playing surface is field turf.

Equipment:

Campers will be required to provide their own equipment. Necessary equipment includes: Stick, Helmet, Gloves, Arm Pads, and Shoulder Pads.

Although our camp rents Harvard University's facilities, it is neither sponsored nor controlled by Harvard University. The camp complies with the regulations of the Massachusetts Dept. of Public Health (105CMR430.00) and is licensed by the Boston Board of Health. Please call 617-983-6761 for additional information on these regulations and camp policies and procedures.



REGISTRATION FORM

Please Check Clinic(s):

_____ Crimson Lacrosse Position Clinic, January 23

_____ Crimson Lacrosse Shooting Clinic January 24

\$75 Single Clinic

\$125 Position & Shooting Clinic Package

Make check payable to "CRIMSON LACROSSE". Please include player's name on check.

Player Information

Name: _____

Address: _____

City/St/Zip: _____

Home Phone: _____

Email: _____

Grade: _____ School: _____

Years Exp: _____ Position: _____

Team: _____ Coach: _____

Coach's Email: _____

In consideration of participating in the Position/Shooting Clinic, the player named above and the parent or guardian do hereby agree for ourselves, our heirs, executors and administrators, to release, hold harmless and forever discharge Crimson Lacrosse and the Position/Shooting Clinic, their officers, staff, administrators, volunteers, sponsors and representatives and assigns, for and against any and all claims, actions, cause of actions, suits, judgments, and demands whatsoever directly or indirectly in connection the player's participation in the Position/Shooting Clinic.

By signing below, I acknowledge that I have read and understand this form and further understand the terms herein are contractual and not a mere recital.

Signature _____ Date _____

I/we being the legal guardians of the applicant authorize the staff of Crimson Lacrosse and Position/Shooting Clinic and its agents permission to request treatment to ensure the well being of our dependant. I certify that he is in good health and able to participate in the scheduled games. I am attaching a note explaining any physical limitations and/or required medical attention that is necessary for my son.

Signature _____ Date _____

Health Insurance Co. _____

Health Insurance Policy #. _____

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