

Blessed Trinity 2009 Lacrosse Camp

The Blessed Trinity Catholic High School Lacrosse Program would like to invite your son or daughter to participate in our summer camp. During camp, your child will have the opportunity to learn from an experienced coaching staff. We will be teaching the basic fundamentals and rules of lacrosse. We would also hope that your child will take a sense of TITAN pride and sportsmanship with them when camp has ended.

Jan Podhorez
Head Girls Lacrosse Coach

Brent Hollers
Head Boys Lacrosse Coach

INFORMATION

Date: June 8-12, 2009

Where: Blessed Trinity Catholic High School

Time: Mon.-Fri. 9:00-12:00

Cost: \$140.00 per participant

Ages: Boys and girls entering grades 2-9

Contact: Jan Podhorez (Girls)
janpodhorez@btcatholic.org
Brent Hollers (Boys)
bhollers@btcatholic.org

CAMP SCHEDULE

9:00 - 9:10 Welcome/Instructions
9:10 - 9:15 Jog
9:15 - 9:25 Stretch
9:30 - 9:45 Station - catching/shooting
9:50 - 10:05 Station - cradling/scooping
10:10 - 10:25 Station - Offense
10:30 - 10:45 Station - Defense
10:50 - 11:05 Station - skill games
11:15 - 12:00 - Games

(Boys and girls will have separate stations and games)

WHAT TO BRING

Each camper should bring/wear the following to camp:

- Stick
- Cleats / tennis shoes
- T-Shirt
- Shorts
- Water Bottle
- Mouth Guard
- Girls need goggles

STAFF

- **Jan Podhorez** - Head Girls Coach
- **Brent Hollers** - Head Boys Coach
- **Boys and Girls Varsity Players**

APPLICATION

Name _____

Address _____

City _____ Zip _____

Age _____

Grade Entering _____

School Next Year _____

Parents Name _____

Home Phone _____

Work Phone _____

Cell Phone _____

Email _____

T-shirt Size (Youth) S M L (Adult) S M L XL
Enclosed is: _____ payment in full (\$140.00)

RELEASE AND WAIVER OF LIABILITY

PLEASE READ CAREFULLY AND
SIGN THE FOLLOWING STATEMENT:

I hereby authorize the Titan Lacrosse Camp to act for me in the event of a serious emergency (requiring medical attention), and I hereby waive and release the Titan Camp and its directors from any and all liability for injuries and illness incurred while attending camp. In addition, I certify that my child is in good health and is able to participate in all program activities. Furthermore, in the event of any emergency requiring medical attention, I shall pay for the services rendered.

_____/_____
Signature of Parent/Guardian (ink only) Date

Please make checks payable to: Blessed Trinity
Return application and fee to:
Coach Jan Podhorez (girls) or
Coach Brent Hollers (boys)
Blessed Trinity High School
11320 Woodstock Rd. • Roswell, GA. 30075

INFORMATION

**Dates: Monday, June 8 -
Friday, June 12**

**Times: Monday - Friday
9:00 am - 12:00 pm**

**Place: Blessed Trinity Catholic
High School Lacrosse
Field**

Cost: \$140 per participant

**Participants: Boys & Girls
entering grades 2-9**

Directions:

**SR 400 to exit 7B west towards
Roswell. Take a left at the light onto
Westwind Blvd. (Home Depot is on
the left). Follow Westwind Blvd. until
you see the school on the right.**

STAFF

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- **Brent Hollers** - Head Boys Coach
- **Boys and Girls Varsity Players**

**Blessed Trinity Catholic High School
11320 Woodstock Road
Roswell, GA 30075**

2009 Blessed Trinity Titan Lacrosse Camp



**JUNE 8-12, 2009
BOYS AND GIRLS
ENTERING
GRADES 2-9
MON.-FRI. 9-12**