



US Sports Camps

750 Lindero Street, Suite 220  
San Rafael, CA 94901  
USSportsCamps.com



Official Sponsor



# NIKE LACROSSE CAMP 2010



## UNIVERSITY OF VERMONT

Burlington, VT

### AUGUST 8-11

*Complete Skills Camp  
Ages 10-18*

1-800-NIKE-CAMP  
USSPORTSCAMPS.COM

## US SPORTS CAMPS, INC.

US Sports Camps has partnered with **Ryan Curtis**, the Head Lacrosse Coach at the University of Vermont, in offering a Nike Lacrosse Camp this coming August. This is a three night, four day "complete skills" fundamental camp designed for players ages 10-18.



## CAMP DIRECTOR



Prior to taking over at Vermont, Curtis spent eight years playing Major League Lacrosse (2001-06, 2008) in Boston, Mass., and for the Washington Bayhawks (2007) in Washington, D.C. He was named a MLL All-Star five times and was named the MLL Defensive

Player of the Year in 2003. He was also named the Cannons' MVP on three occasions and was a three-time captain in Boston.

Curtis is a 2000 graduate of the University of Virginia and won a national championship with the Cavaliers in 1999. He was named a First Team NCAA All-American twice and was named the 1999 NCAA Defenseman of the Year. Curtis was also a two-time captain at UVA and was named to the 50th Anniversary All-ACC Team.

Curtis served as an assistant coach for the Dartmouth College men's lacrosse team in 2006. With the Big Green, Curtis was involved with practice preparation, team and individual drills and worked closely with the defensive unit.

He was also a member of the United States National Lacrosse Team that participated in the World Championships and won a silver medal in 2006

Joining Ryan on staff will be assistant coaches **Colin Hulme** (Colgate '07) and **Kevin Boland** (Johns Hopkins '05) in addition to some current and former UVM players.



## CAMP SETTING



Instruction takes place on Moulton Winder Field, the home field of the UVM Catamounts. Meals are eaten in the campus dining hall and overnight campers stay in student housing located a short walk from the field. This is a perfect opportunity for youth and high players to improve their skills while experiencing the life of a UVM student athlete.

## HIGHLIGHTS

- Designed for players ages 10-17
- Instruction from College Coaches and Players
- 8:1 camper to instructor ratio
- Daily emphasis on advanced skills, position training, and game situations
- Special goalie instruction and drills
- Every camper receives a reversible Nike practice jersey
- Nike and STX prizes for outstanding play, sportsmanship, and improvement

## TYPICAL DAILY SCHEDULE

- |       |   |
|-------|---|
| 7:30  | Breakfast (Overnighter)                 |
| 9:00  | Stretching & Conditioning               |
| 9:30  | Line drills and stations                |
| 10:30 | Position Work                           |
| 12:00 | Lunch, rest                             |
| 1:30  | 1v1, 2v2, Fast Breaks                   |
| 3:00  | Drills, stations                        |
| 4:00  | Skill contests                          |
| 5:00  | Supervised Free time, Dinner            |
| 6:30  | Back to field, Games                    |
| 9:00  | Extended Day Campers depart             |
| 10:00 | Overnight Campers to rooms; Lights Out! |



## CAMP DATES & PRICES

### AUGUST 8-11, 2010

Overnight Camp: \$450  
Extended Day Camp: \$350

*The Overnight Fee includes all the meals and housing. The Extended Day Fee includes lunch and dinner.*

### Group Discounts Available!

*5 or More = \$25 off per camper*

*All applications and payments must be mailed or faxed in together, as a group, to receive the group discount.*

## IT'S EASY TO ENROLL...

- Phone **1-800-NIKE CAMPS (645-3226)**
- Fax **415-479-6061**
- Online **USSportsCamps.com**

PAYMENT TERMS: Payments can be made by Visa/MasterCard or by personal check (via mail)

\$265 payment – Due at time of registration

- \$250 per session deposit
- \$15 per person non-refundable registration fee

The Camp Tuition balances are due on July 1st.

CANCELLATION POLICY: Once registered, if you have to cancel for any reason, you will receive a camp "credit" for all Camp Tuition payments made, valid through 2011, for any *Nike Lacrosse Camp* transferable to an immediate family member. In the unlikely event USSC cancels a Nike Lacrosse Camp session, a full refund for camp registration fees will be provided. Camper waives any and all damages that may otherwise arise out of any camp cancellation.

### CANCELLATION PROTECTION:

Available for \$35 per camp session. With cancellation protection, cancel by your Camp Tuition "balance due" date (see above) and receive a refund of all Camp Tuition payments less the \$15 registration fee. If you cancel after your Camp Tuition "balance due" date, you will receive a camp "credit" for your paid tuition fees, transferable to an immediate family member and applicable to any US Sports Camp through 2011.

## NIKE LACROSSE CAMP APPLICATION UNIVERSITY OF VERMONT (LXBRVT)

Camper's First Name \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_

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

Home Phone \_\_\_\_\_ Work/Cell \_\_\_\_\_

Date of Birth \_\_\_\_\_ Position \_\_\_\_\_

Email (must be able to accept attachments) \_\_\_\_\_

Name of Team \_\_\_\_\_ Beginner/Youth/JV/Varsity

**AUGUST 8-11**     Overnight     Ext. Day

Roommate Request \_\_\_\_\_

Payment Information: \_\_\_\_\_

Full Name (as it appears on Credit Card) \_\_\_\_\_

Email Address (if different) \_\_\_\_\_

Method of Payment:  Visa     Mastercard     Check  
 Deposit     Full Payment

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_     Please add \$35 for Cancellation Protection  
 Please Charge the remainder on July 1st, 2010

By submitting this application to US Sports Camps, Inc, I affirm that I have read and agree to the US Sports cancellation policy and hereby accept the terms of enrollment described in this brochure. Furthermore, I agree to pay all camp fees and authorize US Sports Camps to charge my credit card (if applicable).

Signature \_\_\_\_\_

Make check payable and mail to:  
**USSC/NIKE Lacrosse Camps**  
750 Lindaro St., Suite 220 - San Rafael, Ca 94901  
1-800-645-3226    Fax: 415-479-6061  
**USSportsCamps.com**