

Registration Form

Name _____

I like to be called _____

Age _____ Date of Birth: _____

School attending this fall _____

Entering Grade _____ Height _____ Weight _____

Years playing lacrosse _____ Position _____

Team(s) you played for in 2010 _____

Parent(s) name(s) _____

Address: _____

City: _____ State: _____ Zip _____

Phone: (H) _____ (C) _____

Parent e-mail: _____

Please describe any health issues camper has that the OSLC staff should know about: _____

Insurance Carrier _____

Name of Insured _____

Policy # _____

Emergency Contact: _____

Phone: (H) _____ (C) _____

Persons authorized to pick up my son _____

Special requests _____

Registration fee- \$325

Deduct \$25 from fee if your son is a US Lacrosse member.

US Lacrosse Member ID #: _____
Membership expiration date: _____
(must be no earlier than 7/10/10)

Deduct \$25 if camper is your second son registered.

Financial aid is available; e-mail jeff@oceanlax.com for info.
Payment in full is preferred, but a minimum nonrefundable deposit of \$150 is acceptable; balance is due by July 6th.

Amount enclosed _____ Amount due _____

Please make check payable to: Ocean State Lacrosse Club
& mail with completed form to:

Ocean State Lacrosse Club
88 Aaron Ave.
Bristol, RI 02809

Phone: (401) 396-9889 jeff@oceanlax.com

Waiver of Liability

I, the parent/legal guardian of _____, hereby give permission for my son to participate in any and all activities at the 2010 Ocean State Lacrosse Camp. I assume all risks and hazards incidental to such participation including transportation to and from all activities. I also agree to waive, release, absolve, indemnify and hold harmless the OSLC organizers, directors, supervisors, coaches, participants, designated officials, field facilities and persons transporting my child to and/or from any events that OSLC participates in and from any claim or action arising from any injury to my child. Finally, I agree to abide by the OSLC parent's code of conduct and team rules at all events that OSLC participates in.
I further hereby give my consent for my son _____

to receive emergency medical treatment which may be deemed advisable in the event of an accident or illness which participating in the events that OSLC participates in. I understand that, if possible, I will be notified by telephone of any emergency that involves my son. The Undersigned has read the above waiver and release, understand that they have given up substantial rights by signing it, and sign it voluntarily.

Parent or Legal Guardian's Signature: _____

Date _____



5th ANNUAL LACROSSE CAMP

July 6th-9th, 2010

St. Andrews School

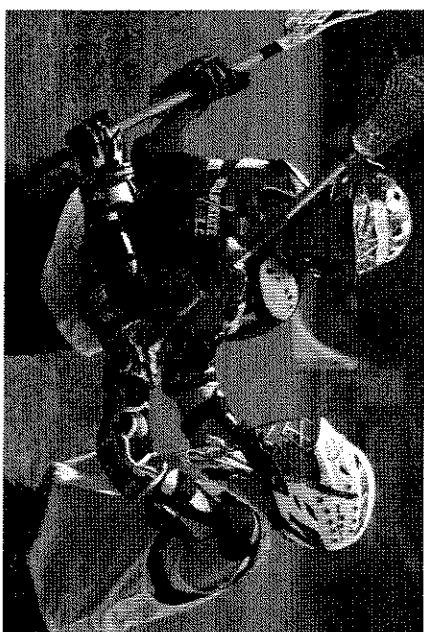
63 Federal Road

Barrington, RI 02806

For Boys Ages 8-17, Grades 3-12

401-396-9889

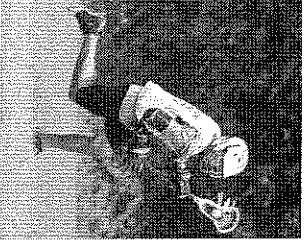
www.oceanlax.com



"I have known Jeff Popbam and Rory Whipple for a long time. They are truly dedicated and knowledgeable. I am confident that Ocean State Lacrosse Camp will be a valuable experience for all young players."
Dom Starva, Head Coach, University of Virginia,
NCAA Division I Champions 1999, 2003, 2006

Camp Directors Jeff Popham, Rory Whipple, and experienced staff of college and high school coaches invite you to our fifth annual camp that will be highly instructional for experienced as well as beginning players. As in past years, accomplished home grown college players will round out our coaching staff which will dedicate to making your camp experience a valuable one.

Our goal is to develop each camper into a faster, stronger, more confident & complete lacrosse player!!



Our emphasis will be on:

- motivating you to master the fundamentals with your strong hand as well as your weak hand.
- teaching you the advanced team play skills at each position- attack, midfield, defense, goalie- to give you the confidence to excel!!
- practicing special situations to prepare you for success in those critical points in a game.
- improving your strength, speed, and agility.
- bringing out the best in you in the skills competitions and daily games,
- instilling confidence, encouraging teamwork and sportsmanship, and having fun!!

Camper's will also receive: a lacrosse jersey, water bottle, buffet lunch daily, special gift, individual camp portrait, and camp report card.

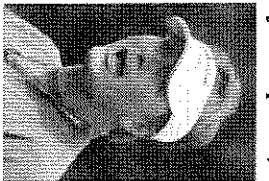
Camper's must bring: Stick, mouthguard, lacrosse helmet, gloves, arm pads, shoulder pads, cleats, & sandals (for lunch hour). **Please identify all belongings!!**

Daily Schedule

- 8:45-9:00 check-in
- 9:00-9:45 warm-up, speed & agility workout
- 10:00-11:00 stickwork & positional skills session
- 11:00-12:00 game situation drills & skills competitions
- 12:00-1:15 lunch & video session
- 1:15-2:45 full-field games with individual instruction sessions
- 2:45-3:00 wrap-up & check out

Camp Staff

Jeff Popham, Camp Director... Coach, Barrington High



School and a driving force in the growth of lacrosse in Rhode Island, serving as President of the Rhode Island Lacrosse Association (RI-LAX) from 2000-2003. From 1998-2009, he has served as a Director and Coach in the East Bay Youth Lacrosse organizations. For the past nine years, he has coached U-13, U-15, and high school All-Star Travel teams and worked numerous clinics and camps. In 2006, he founded the Ocean State Lacrosse Club, which has fielded competitive travel teams for high school players and offered numerous indoor programs for boys and girls. Jeff played midfield at Washington College (1978-1979).

Rory Whipple, Field Director & Midfield Coach... Head



Coach of Florida Southern College& is one of the most successful coaches in college lacrosse with a 224-165 record spanning 27 seasons at Clarkson, Hartwick, and at Bryant, where he built the program from scratch into a perennial Division II powerhouse and coached eight All-Americans. Since 1994, Rory has also coached a number of Iroquois National teams at recent World Lacrosse Championships and worked numerous clinics and camps. Rory started as a midfielder at Cortland State (1973-1976) and played on the 1975 team that won the NCAA D-II Crown.

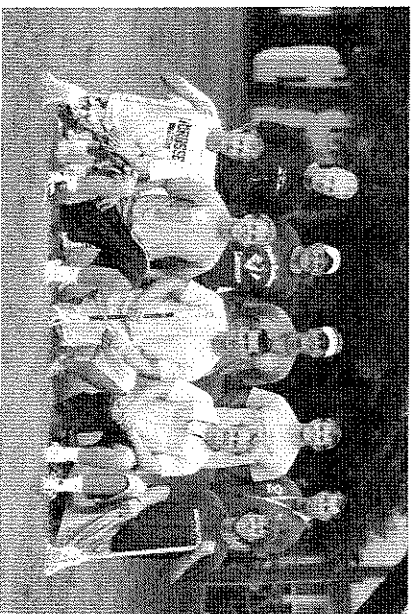
Andrew Whipple, Attack Coach- Coach, Pittsford High



School in Rochester, NY... was 3 time All-American at Maryland (1995-1998) & played on the team that lost to Princeton in the 1998 D-I Final... was recognized in 2007 for his dedication & service to Pittsford Lacrosse and coached the Upstate NY team that won the adidas National Lacrosse Classic in '08 & '09... is a veteran camp coach with a great work ethic.

Andrew Fink, Defense Coach- Head Coach, Mount Ida College (Newton, MA) ... owns 71-28 career record & his teams played in NCAA D-III tournament in 2007- 2009... 3 year starter at University of Hartford (1999-2001).

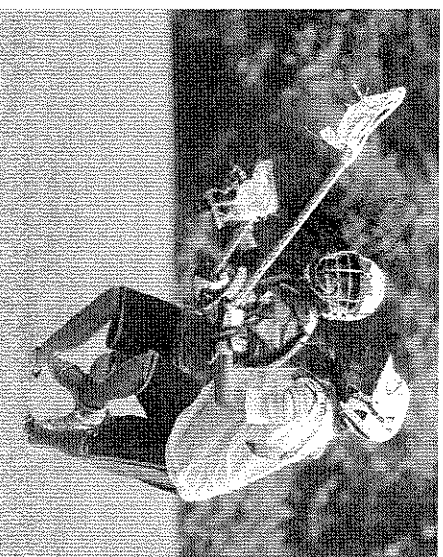
Tim Ryan, Attack Coach- Coach at Prout School (3 time 2006-2008 D-2 RI State Champs)... has also coached Ocean State Travel teams... 4 year starter at Salve Regina (1999-2003) ...was team captain & 1st team Conference in 2003.



The 2009 OSIC Coaching Staff- experienced, knowledgeable, dedicated!



I had a great time; I thought that the camp was well organized and that all of the coaches really knew what they were doing.'



'Our camp got top ranks from our family. It was fun for Chris, he learned a lot and it was all around a great experience, thank you for helping him develop as a player and as a person..'