

BOYS & GIRLS LACROSSE

GOAL

The goal of the Lynchburg City Schools' Boys' and Girls' Lacrosse Camp is to help students improve their lacrosse skills while experiencing all valuable and positive benefits of a camp environment. Please join us for a terrific experience in the fastest-growing sport!

HIGHLIGHTS

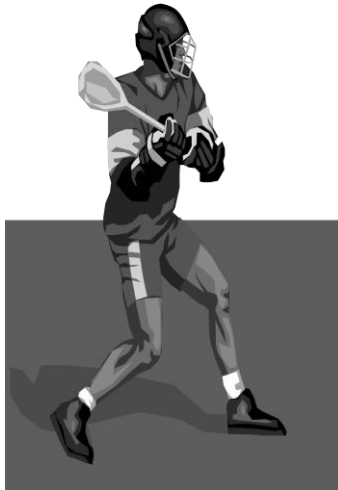
- ♦ Outstanding staff
- ♦ Individual instruction
- ♦ Certificates for each camper
- ♦ Camp T-shirt

CAMP STAFF

Eddie Ranuska - E. C. Glass Head
 Coach (U.S. Lacrosse Coach of the Year)

Tyler Zinck

****In the event of inclement weather,
 the camp schedule may be altered or
 extended.**



**June 13 - 16
 Monday - Thursday**

OBJECTIVES

- ♦ Improve Individual & Team Skills
- ♦ Receive position-specific Instruction
- ♦ Learn Rules & Strategies
- ♦ Participate in team building and sportsmanship activities

AGES - TIMES

Boys & Girls ages 7-14
 8:30 a.m. to 10:30 a.m.

LOCATION

E. C. Glass High School
 Turf Field

**Each player should bring a
 lacrosse stick, mouth
 piece, water bottle, and
 snack for each day.**

REGISTRATION

Please send check or money order in the amount of **\$50.00** payable **Heritage High School/Lacrosse Camp** with **the completed registration form to:**

Coach Eddie Ranuska
 Lacrosse Camp
 E.C. Glass High School
 2111 Memorial Avenue
 Lynchburg, VA 24501

For more information contact Eddie Ranuska, E.C. Glass High School, (434) 515-5370.

Boys' and Girls' Lacrosse Summer Camp Application

Name _____ School Presently Attending _____ Grade _____
 (As of fall 2016)

Home Address _____ City _____ Zip _____

Home Phone # _____ Emergency Daytime Phone # _____

Adult T-shirt Size: _____ Small _____ Medium _____ Large _____ Extra Large

Youth T-shirt Size: _____ Small _____ Medium _____ Large

Waiver: I, the parent or guardian of the above named student, hereby give my approval for his/her participation in the 2016 Lynchburg City Schools' Lacrosse Camp. I assume all risks and hazards incidental to such participation. I do hereby waive, release, and agree to hold harmless the directors, counselors, supervisors, and the Lynchburg City Schools from any claim arising from an injury to my child while participating in the camp.

Parent/Guardian signature _____ Date _____

Send this completed form along with \$50.00 registration fee payable to Heritage High School/Lacrosse Camp, to Eddie Ranuska, E.C. Glass High School, 2111 Memorial Avenue, Lynchburg, VA 24501.