

# THE CROSS & LACROSSE

Consent and Release:

I,

\_\_\_\_\_  
Parent/guardian, desire my daughter to participate in The Cross & Lacrosse camp held at Roanoke College. I understand that lacrosse involves physical contact between players, and I assume the risks associated with her participation. My child has no known medical conditions which prohibit participation in this sport. I agree to hold harmless and release Roanoke College, its employees of the camp and students from any legal liability resulting from any injuries or death sustained during participation in this camp. I further understand Roanoke College, is not responsible for loss or damage of my child's possessions. The Cross & Lacrosse is no way affiliated with Roanoke College or Roanoke Athletics and is a privately run camp.  
Signature:

\_\_\_\_\_  
Parent/ Guardian

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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

Home Phone: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Email Address: \_\_\_\_\_

Yrs experience: JV \_\_\_\_\_ V \_\_\_\_\_ Position \_\_\_\_\_

Parents Names: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Health Insurance: \_\_\_\_\_  
Company Name: \_\_\_\_\_

Policy #: \_\_\_\_\_

The Cross & Lacrosse  
Mary Schwartz  
P. O. Box 713  
Salem VA, 24153

# THE CROSS & LACROSSE

GIRLS LACROSSE  
CAMP

JULY 12-15, 2010

CAMP LOCATION  
ROANOKE  
COLLEGE,  
Salem, Virginia

[www.thecrossandlacrosse.com](http://www.thecrossandlacrosse.com)

# CAMP PHILOSOPHY

Picking a camp can be a difficult process. Sports are an important part of life but there is much more. We offer a camp that teaches two components: Skills to make you a better lacrosse player and skills to develop your leadership potential. Our camp philosophy is to have players that play on the field with excellence and live life off the field with excellence!

# IMPORTANT FACTS

- \* Camp registration is on Monday, July 12th, 2010 from 12-2pm
- \* Camp ends at 11:00am Thursday, July 15th.
- \* Each camper should provide her own pillow, sheets, blanket, towel and other personal items.
- \* Each camper is responsible for bringing her own stick, mouth guard, cleats, indoor shoes, and water bottle. Goalies are responsible for bringing their own equipment.
- \* An on sight certified athletic trainer will be available 24 hours a day.
- \* We will have a camp store. Drinks, snacks, lacrosse t-shirts, shorts, and other lacrosse apparel.
- \* Camp is open to girls ages 11 to 18
- \* Checkout our website:  
www.thecrossandlacrosse.com

# LOCATION

Roanoke college is located in Salem, VA, just seven miles from the City of Roanoke. Roanoke's 80-acre main campus is picturesque, historical and safe.

# TUITION

The cost for the camp is \$450.00 for over-night and \$300.00 for day campers. A \$100.00 non-refundable deposit is required with the application and is due by May 30, 2010 Full payment is due by June 20th, 2010.

Please make check payable to:  
The Cross & Lacrosse  
Send Application to:  
The Cross & Lacrosse  
Mary Schwartz  
P.O. Box 713  
Salem, VA 24153

Each camper will receive a confirmation, health form, and detailed information regarding camp when you send in your deposit and registration form. If you do not receive anything within 30 days please contact the camp director, (540) 375-2572.

# TRANSPORTATION

Transportation to and from the airport will be provided if requested with application.

# DAILY SCHEDULE

7:30 am	Breakfast
8:00am	Morning devotions
9:15-11:00 am	Instructional session
11:30-12:30 pm	Lunch
3:00-4:30 pm	Small game instruction
5:00 pm	Dinner
6:15-8:15 pm	Evening games
8:20pm (immediately following games on the field)	Speaker
11:30 pm	Lights Out!

For More Information Contact:  
Camp Director  
Mary E Schwartz (540) 375-2572  
Schwartz@roanoke.edu

# LACROSSE DIRECTOR

## Mary Schwartz

Schwartz took over the Roanoke lacrosse program in 2005, she had a five year plan to get this program back into its winning ways. In 2007, just three years as head coach, Schwartz took her team to the ODAC finals and their first NCAA tournament appearance since 1997. The team finished with a 15-4 record advancing to the quarterfinals of the NCAA's. In 2009, her team was back on track and owned the ODAC. Schwartz guided her team to a 16-5 record and the first undefeated conference record (8-0) in ten years. Her team had an 11 game winning streak and received an automatic bid to the NCAA's. This was her second bid in five years, and for her efforts Schwartz was named the 2009 ODAC Coach of the year. Schwartz is currently in her sixth year at Roanoke College. She has over fourteen years of camp experience. Schwartz is a four year letter winner at the University of Maryland. Schwartz helped the Terps to three NCAA Division I championship games (1982, 84, 85) and was named both the ACC's All-Tournament team and the North/South Senior All-Star game in 1985.

# LEADERSHIP DIRECTOR

## Nick Gough

Nick, a former athlete at the University of Southern California, today travels across the United States with a message that will encourage you, strengthen your desire to win, and help you lead a victorious life on and off the field. As a former football player Tony Dorsett said, "To succeed...You need to find something to hold on to, something to motivate you, something to inspire you."

# STAFF

Other staff members will include top college coaches and players and current members of the Roanoke lacrosse Team.