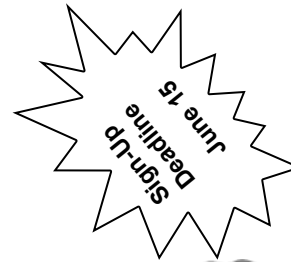


The REAL Lacrosse Camp

The mission of TRL Lacrosse Camps is to create a fun and rewarding experience for girl's lacrosse players across the country. Lacrosse and sports in general are teaching young players valuable life lessons. At TRL lacrosse camp, players will push themselves to Reach their full potential, find areas where they can Excel, Achieve a higher level of skills, and Learn from experienced coaches and players.



The **REAL** Lacrosse Camp
315-857-3829
Regis University
Women's Lacrosse
3333 Regis Blvd, F-20
Denver, CO 80221



Girl's Lacrosse Camp

July 9, 10, 11

Regis University
Denver, CO

www.trllacrosse camps.com

Reach—Achieve—Excel—Learn

Camp Directors

Sarah Kellner

2009-2010 marks the 4th year as head coach at Regis University. In just four years, Kellner has more wins than any coach in program history.

A former standout attacker at Cornell University, Sarah was twice named the MVP of the ECAC tournament in 2000 and 2003. In 2003, Kellner was recognized as Cornell University's Female Athlete of the Year and named first team All-American.

Coach Kellner thoroughly enjoys coaching middle school and high school players and won 2 New York State Titles as assistant coach at Fayetteville-Manlius High School, '04, '05.

Beth Calder

Calder was a standout midfielder at Cornell University who helped the Big Red to back to back NCAA tournament appearances in '01 and '02 culminating in a Final Four appearance.

Calder has served as an assistant coach at Division I mainstays Cornell University and Drexel University. Beth has great knowledge of training all levels of athletes, including professional ones she worked with as a trainer and sports dietitian.

Calder is currently serving as a Graduate Assistant coach at Regis University pursuing a doctor of Physical Therapy at Regis.

LACROSSE CAMP

WHEN:

Friday, July 9 9am—3pm
Saturday, July 10 9am— 3pm
Sunday, July 11 9am— 1pm

WHERE:

Regis University
3333 Regis Boulevard
Denver, CO 80221



PRICE:

\$200 full-price
\$160 if 4 or more players from same team attend

Camp Overview

Daily Sessions:

Individual Skill Work

- Ball/Stick Handling
- Shooting
- Defense

Small Sided Game Situations

- Ball Movement
- Attacking in Pairs
- Double Teaming

Full Game Scenarios

- Fast Break Transition
- Settled Offense/Defense

And MUCH MORE

Registration Form

Athlete _____

Parent(s) _____

Address _____

Telephone _____

E-mail _____

Position _____

Experience _____

School Information

Grade _____

School _____

Emergency Contact Information

Contact _____

Relation _____

Telephone _____

Please call Sarah Kellner @315-857-3829 or Beth Calder@ 570-337-7307 with questions.

Please make checks payable to TRL Lacrosse Camps by June 15.

Mail to:

Regis University

Women's Lacrosse

3333 Regis Blvd, F-20

Denver, CO 80221