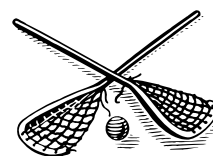




COMMONWEALTH HOCKEY & LACROSSE



For GIRLS GRADES 5-9

@ POCAHONTAS MIDDLE SCHOOL in WEST END

<http://www.swiftcreekfieldhockey.com/>

SPONSORED BY
Commonwealth Youth
Lacrosse Association

DATES: Tuesday, August 12 – Thursday, August 14
9am-12pm LACROSSE...\$90
5-8pm HOCKEY...\$90
Attend both sessions for \$170

REGISTRATION

Fill out registration below and send in with payment or register & pay on-line at

<http://www.swiftcreekfieldhockey.com/>.

CONFIRMATION OF REGISTRATION

Confirmation will be sent by email if registering by mail – if no email is given then confirmation will be via phone. If registering and paying on-line, your confirmation will email to you at time of payment. Pocahontas Middle School is located @ 12000 Three Chopt Road, Richmond 23233.

PARENT INFORMATION

On site registration and check in begins at 8:45am on Tuesday, August 12th for LACROSSE and 4:45pm on Tuesday, August 12th for HOCKEY @ Pocahontas Middle School field. Upon check in on the first day a parent must accompany the camper to sign releases and provide emergency contact information. In the event of rain or weather issues, parents will be called to pick up their child and a make up session will be determined. Campers should arrive ready to play and hydrated. Your daughter will need to drink plenty of water before, during and after daily sessions. Bring water bottle with all equipment including mouth guards to each session.

OUTSTANDING STAFF

Betsy Ellis – Head Coach of Panther FH, Director of FH for Swift Creek, Trinity Asst. Lacrosse Coach
Sue Murphy – Head Coach @ University of Richmond, Director of Premier Lacrosse and former 6 year USA Coach
Alli Nuzzi – Asst. Coach @ University of Richmond '06, former 2x captain, Top 10 nationally
Additional Staff with outstanding coaching backgrounds☺

QUESTIONS?? Email premierlacrosse@hotmail.com or call Sue Murphy @ 804-349-3346

TEAR HERE

- _____ I am registering for the Commonwealth Girls Lacrosse Camp 9am-12pm, August 12-14 for \$90
- _____ I am registering for the Commonwealth Girls Hockey Camp 5-8pm, August 12-14 for \$90
- _____ I am registering for both Lacrosse 9am-12pm & Hockey 5-8pm, August 12-14 for \$170

NAME _____
Last First
ADDRESS _____
Street City Zip
HOME PHONE _____
CELL PHONE _____
PARENT(S) NAMES _____
PARENT CELL PHONE _____

LACROSSE POSITION- Attack Midfield Defense Gk
HOCKEY POSITION – Forward Midfield Defense Gk
YRS OF EXPERIENCE for Lacrosse - 0 1 2 3 4 5 6 7 8+
YRS OF EXPERIENCE for Hockey - 0 1 2 3 4 5 6 7 8+
AGE AS OF DAY OF CAMP _____
SCHOOL ATTENDING _____
EMAIL ADDRESS _____

Checks written to: Commonwealth Youth Lacrosse Association

Send registration and payment to: Commonwealth Youth Lacrosse Assoc, 2300 Oak Lake Blvd, Midlothian, VA 23112

<http://www.swiftcreekfieldhockey.com/>.