

## COACHING STAFF/ CAMP DIRECTORS



HEAD COACH MEREDITH BLACK WAS NAMED THE FIRST HEAD COACH IN MARQUETTE WOMEN'S LACROSSE HISTORY ON FEB. 4, 2011. COACH BLACK ARRIVES AT MARQUETTE AFTER SPENDING THE LAST SEVEN YEARS AS AN ASSISTANT COACH AT TOWSON, NOTRE DAME AND THE UNIVERSITY OF CALIFORNIA-BERKELEY. COACH BLACK HELPED TOWSON AND NOTRE DAME TO A COMBINED FOUR NCAA CHAMPIONSHIP APPEARANCES. AS A PLAYER BLACK WAS NAMED ALL-AMERICAN IN 2004 AND WAS AWARDED MANY OF THE BIG EAST CONFERENCE'S TOP HONORS.



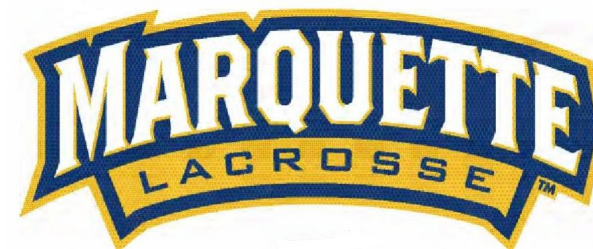
COURTNEY TAMASITIS WAS NAMED MARQUETTE WOMEN'S LACROSSE ASSISTANT COACH THURSDAY, JUNE 2, 2011 AS THE FIRST ASSISTANT COACH IN PROGRAM HISTORY. TAMASITIS COMES TO MARQUETTE AFTER FOUR SEASONS AS HEAD WOMEN'S LACROSSE COACH AT NCAA DIVISION II SETON HILL UNIVERSITY IN GREENSBURG, PA.



JACKIE DOHERTY WAS NAMED ASSISTANT COACH FOR MARQUETTE WOMEN'S LACROSSE ON JUNE 9, 2011. DOHERTY COMES TO MARQUETTE AFTER A STANDOUT CAREER FOR THE FIGHTING IRISH, IN WHICH SHE BECAME THE FIRST TWO-TIME INTERCOLLEGIATE WOMEN'S LACROSSE COACHES' ASSOCIATION (IWLCA) FIRST TEAM ALL-AMERICAN IN PROGRAM HISTORY.



707 NORTH 11<sup>TH</sup> STREET  
SUITE 104  
MILWAUKEE WI 53233



### GIRLS SUMMER CAMP

ELITE CAMP- JULY 14-16

DAY CAMP-JULY 17&18



LACROSSE

PHONE: 414-288-2006

REGISTRATION WEB SITE:

[HTTPS://MARQUETTESPORTS  
CAMPS.COM/](https://marquettesportscamps.com/)

## WHY MARQUETTE?

MARQUETTE'S FOUR PILLARS OF FAITH, EXCELLENCE, LEADERSHIP, AND SERVICE ARE EXEMPLIFIED BY THE MARQUETTE WOMEN'S LACROSSE COACHING STAFF AND TEAM ON AND OFF THE FIELD.

COACH BLACK'S COACHING PHILOSOPHY IS BASED ON THE TERM "MAXIMIZER". TO THE COACHING STAFF THIS MEANS GETTING THE BEST OUT OF EACH PLAYER BY CREATING A SYSTEM BASED ON THE STRENGTHS OF THE TEAM. TOGETHER THEY DETERMINE EACH PLAYER'S MOST VALUABLE ATTRIBUTES SO THEY CAN CREATE A SYSTEM FOR THE TEAM AND PLAYERS TO BE ABLE TO EXCEL AT THE HIGHEST LEVEL.

THIS COACHING PHILOSOPHY WILL BE APPLIED AT THE CAMP ON AN INDIVIDUAL LEVEL. THE COACHING STAFF WILL BE AIMING TO "MAXIMIZE" EACH CAMPER'S INDIVIDUAL ABILITIES IN ORDER TO BRING THEM TO THE NEXT LEVEL.



MARQUETTE'S VALLEY FIELDS

## CAMP ACTIVITIES

DAY ACTIVITIES OF THE CAMP SESSIONS WILL INCLUDE BUT ARE NOT LIMITED TO:

- **STICKWORK/STICK SKILLS**
- **ATTACKING FUNDAMENTALS**
- **DEFENSIVE FUNDAMENTALS**
- **TRANSITION FUNDAMENTALS**
- **MAN-UP/MAN-DOWN SITUATIONS**
- **FULL FIELD PLAY**
- **1 ON 1 SKILL INSTRUCTION**
- **GOALKEEPER SKILLS**
- **STRENGTH/CONDITIONING BASICS**
- **SMALL SIDED SITUATIONS**

### EXAMPLE ELITE OVERNIGHT SCHEDULE:

7:30 BREAKFAST

8-11:00 SESSION 1

11-1:00 LUNCH BREAK

1-4:00 SESSION 2

4-5:30 DINNER BREAK

5:30-9:00 SESSION 3

### EXAMPLE DAY CAMP SCHEDULE:

9-12:00 MORNING SESSION

## SIGN UP/ REGISTRATION INFO

- **MU ELITE CAMP OVERNIGHT..... \$465**  
JULY 14-16
  - **MU ELITE CAMP COMMUTER..... \$400**  
JULY 14-16
- \*RECOMMENDED FOR PLAYERS WITH PLAYING EXPERIENCE
- **MU DAY CAMP..... \$150**  
JULY 17-18 9AM-12PM
- \*RECOMMENDED FOR BEGINNERS OR PLAYERS WITH LIMITED PLAYING EXPERIENCE

CAMP WILL TAKE PLACE AT MARQUETTE'S OWN VALLEY FIELDS AND REGISTRATION CAN BE DONE ONLINE ONLY THROUGH OUR WEBSITE: GOMARQUETTE.COM (ON THE WOMEN'S LACROSSE PAGE UNDER THE LINKS TAB)

OR DIRECTLY AT:

[HTTPS://MARQUETTESPORTSCAMP.PS.COM/](https://marquettesportscamp.ps.com/)

OPEN TO ANY AND ALL ENTRANTS

MARQUETTE LACROSSE  
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