



# 2010 SLUH Lacrosse Camp for Incoming Freshmen

Camp Director: Mark Seyer  
Head Lacrosse Coach at SLUH

This camp is designed to be an introduction to lacrosse.  
**STICK ONLY- NO EQUIPMENT is required!**

**Staff:** SLUH Lacrosse Coaches along with current SLUH Varsity players.

**Date:** Aug 2-5, 2010 (Monday – Thursday)

**Times:** 6:00 pm – 8:00 pm

**Where:** Norm West Park (corner of Manchester Rd & Brentwood Blvd)

**Who:** Boys entering 9th grade this Fall

**Cost:** \$50 \*\* Sticks are available for purchase at a reduced rate \*\*

**Check out the team website for camp directions & additional details:**  
[www.sluhlax.teammania.net](http://www.sluhlax.teammania.net)

The SLUH Camp emphasizes the fundamentals of lacrosse. Time will be spent on passing, catching, shooting, cradling, defensive positioning, and ground balls. Coaches will also teach team concepts in the form of competition.

**This is a great opportunity to meet members of your class  
before school begins.**

\*Note: You are accepted into camp when we receive your registration unless we inform you otherwise.

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**Mail check to SLUH Lacrosse Club & mail to**  
Mark Seyer, 7615 West Bruno Ave. Richmond Heights, MO 63117

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Home Phone** \_\_\_\_\_ **Cell Phone** \_\_\_\_\_

**Email** \_\_\_\_\_

**I would like to purchase a stick** \_\_\_\_\_

I hereby request that my son be admitted to the SLUH Lacrosse Camp. I authorize the staff to act on my behalf, according to their best judgment, in any emergency involving my son. I will not hold the camp staff or the SLUH Lacrosse Club responsible.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

