

## CAMP DIRECTOR

### Jenny Levy

Head Women's Lacrosse Coach at the University of North Carolina. Started the program in 1995. In 12 years has compiled a record of 148-67, including 11 NCAA appearances, 3 NCAA Final Four appearances. Heels captured the 2002 ACC Championship. Recognized as the 1997, 2002 ACC Coach of the year and the 1998 NCAA South Region Coach of the Year. Levy currently serves on the NCAA Rules Committee and chaired the Division 1 All American Committee for four years. Levy's Tar Heels are perennially ranked among the top 5 programs in Division 1.



## ASSISTANT DIRECTORS

### Katy O'Mara

Katy joined the Tar Heel staff in the fall of 2005. She is a 2002 Dartmouth graduate where she excelled as a 4 year starter on their defensive end. An All-Ivy and an All American selection, Katy's main responsibilities are on the defensive end of the field.



### Phil Barnes

Phil joined the Tar Heel staff in 2004. He brings to Carolina a wealth of knowledge in Women's Lacrosse, having coached previously at Holy Cross, UMass and Cornell. While at UMass, he led the Minute women to their first ever A10 conference championship in 2000. Phil works with the Tar Heel goalies and offense.



## STAFF COACHES

Since the beginning of our camps, the single most important factor has been superb coaching. In addition to the Tar Heel coaching staff and players, the camp staff will consist of Collegiate players, outstanding Collegiate coaches, and US Players. The camper to counselor ratio will be 6 to 1, allowing each camper to receive individual attention as well as small group instruction. Many of the Carolina Lacrosse Camp staff coaches return every summer because they enjoy the way Carolina Camps are run and coaching the quality players who attend camp. The following is a list of some of the coaches who will be instructing at our Elite Camp.

### Division I

Bucknell University  
Brown University  
Boston University  
College of William and Mary  
Drexel University  
Duke University  
George Washington University  
Quinnipiac University  
University of California - Berkeley  
University of Connecticut  
University of Denver  
University of Oregon  
Virginia Tech

### Division II

Mercyhurst College  
Pfeiffer College  
St Andrews College

### Division III

Franklin and Marshall

### Additional Coaches:

Amy McCleary - German National Team Coach  
Lisa Dixon - Director of Between the Pipes Goalkeeping Camps



Coach Jenn Cook, '07, First Team All-America, 2006, 2007, Inside Lacrosse Defensive Player of the Year, 2006-2007 Co-Captain

Carolina Lacrosse Camps  
PO Box 2804  
Chapel Hill, NC 27515-2804



# 2008 Carolina Lacrosse Camps

Preparing you for tomorrow's game!

### At the University of North Carolina:

Young Guns Day June 23-26  
Girls: ages 6-10

Rising Stars Camp June 22-25  
Girls: ages 10-16

Elite Camp June 27-29  
Girls: ages 16-18

Carolina Goalkeeping School  
High School/Youth Coaches School

### On the Road:

Elite Day Clinic in July  
Syracuse, NY  
Girls: ages 15-18

All camps include instruction for Goalies  
tarheelblue.com  
unclaxcamps@gmail.com

Online registration at tarheelblue.com

## All registration is on-line now:

go to [tarheelblue.com](http://tarheelblue.com)  
Link women's lacrosse  
Go to Camp

## About the Camps...

### Carolina Elite Camp (6 sessions) June 27-29

*For High School Girls (Ages 16-18).* Designed for the experienced player. An intensive 3 day camp will focus on higher level skills and strategies for shooting, offensive motion, defensive techniques and team play. Game-like situations and drills will be used to put these techniques into practice. We recommend high school players with at least 2 years of varsity experience. Campers are divided by age and skill levels, to provide the appropriate learning environment.

**Staff:** We make a commitment to bring in COLLEGE COACHES for camp instruction. Each year we have over 15 college coaches on our staff who bring a wealth of lacrosse knowledge and coaching experience. The CAROLINA ELITE Camp has become the premier camp in the country because of the high level of talent, intensity of play and the exceptional instruction that is provided.

This is a weekend camp of intense lacrosse (8 sessions) that is ideal for the elite player preparing for the college game. Tuition includes 2 nights of housing, all meals, UNC t-shirt, reversible jersey, college information night and a UNC Camp souvenir. **REGISTRATION will be on Friday, JUNE 27, from 10:00-12:00** - first session starts at 1pm. Check-out will be **Sunday, JUNE 29 from 12:00-2:00.**

**Tuition - \$525.00 (Commuter tuition \$485.00)**

Team: \$500/athlete (12 or more girls from a team, max 16) enrollment is limited

In order to register a team: Call the camp phone line 919-259-4927 to obtain a coupon code for your team.

### Rising Stars Camp June 22-25

*For Junior High and High School Girls (Ages 10-16).* Designed for the intermediate player. Will offer instruction and training in the skills and techniques for stick work, shooting, defense, offense and basic concepts of the game. Campers are divided by age and skill level, which will provide the appropriate learning environment.

This camp is a 4 day camp (9 sessions) ideal for the intermediate player. Tuition includes, 3 nights of housing, all meals, UNC t-shirt, fun give-aways and a UNC Camp souvenir. **REGISTRATION will be on SUNDAY, JUNE 22, from 12:00-2:00pm.** Check-out will be on **WEDNESDAY, JUNE 25 from 11:00-1:00.**

**Tuition - \$430.00 (Commuter tuition \$370.00)**

Team Rate: Limited to 4 teams

\$400/ athlete (12 or more girls from a team, max 16) enrollment is limited

In order to register a team: Call the camp phone line 919-259-4927 to obtain a coupon code for your team.

## Carolina Goal Keeping School

For all Carolina Camps, Goalie instruction will come from current college goalie coaches and collegiate goalkeepers.

**Elite/Advanced Goalies:** UNBELEIVABLE INSTRUCTION and ATTENTION! Actual individual goalkeeper stations which focus on save technique, positioning in cage, footwork, playing the pass. Ratio of coaches to goalies is 1:3, goalie curriculum and instruction is on their own field for a focused learning environment. Goalies also get live field experience to encourage improvement in communication with defense, play outside of crease, and field strategies. Our NEW goalie program got tremendous feedback and reviews last summer. If you are a goalie and want to get better, this program is highly recommended!

**Intermediate/ Beginner goalies:** Staff designated to work with goalies. Individual work along with live play experience will give younger goalies a chance to learn and begin to refine stick positioning, save technique, positioning in cage, footwork and stickwork.

### High School & Youth Coaches School June 27-29

High school and youth coaches are invited to our Elite Camp to observe.

**Tuition: \$150**

Includes: Dorm room stay (bring own towels/sheets)

Meals at the dining hall during camp

On Field access to all camp sessions: may follow the college coach of your choice

Opportunity to meet many college coaches!

## Day Camps...

### Young Guns Day Camp June 23-26

For young beginner players (age 6-10) This camp was a big hit last year with those who attended, the Young Guns loved it! Designed for the beginner player, a fun introduction to the game of lacrosse. Teaches basic skills, field position and rules of the game. Age appropriate drills and games will be used. Day camp only, 9 AM - 12 PM. Tuition includes 4 morning sessions, camp reversibles, t-shirts and fun give-a-ways.

**REGISTRATION: Monday, June 23, from 8-9am. Camp concludes at noon on Thursday, June 26.**

**Tuition - \$135.00**

### Elite Clinic in Syracuse, NY July

*For Ages 15-18. Day Camp only 9 AM - 3 PM.* A 3 day clinic at a Syracuse area high school. Carolina staff will be in NY for 3 days of intense lacrosse. Sessions are geared for the advanced and intermediate player with good basic skills interested in learning higher level strategies and techniques for shooting, attacking plays, defensive techniques and midfield strategy. Campers are divided by age and skill level.

Day camp only (6 sessions) is ideal for the higher level player preparing for the college game. Tuition includes reversible jersey, UNC t-shirt, great give-a-ways!

Please check website for further info.

**Tuition - \$210.00**

## IMPORTANT FACTS

**REGISTRATION ONLINE REGISTRATION ONLY.** Go to [tarheelblue.com](http://tarheelblue.com) link. Follow tabs for Women's Lacrosse and Camp. IT IS YOUR RESPONSIBILITY TO PROVIDE US WITH A WORKING E-MAIL. All of our camp correspondence will be via e-mail (registration locations, medical forms and additional camp information). Enrollment is limited, first come basis until camps are full. SIGN UP SOON!

**TRAVEL** Campers fly into Raleigh/Durham Airport, and Trailways offers a bus service to Chapel Hill. All Domestic Airlines travel to RDU International Airport (American, Delta, US Air, United, TWA, Continental, Southwest) **Ground Shuttle Transportation** to and from RDU and the camp (20 minutes away) can also be provided for \$45.00 round trip. **Arrival flights:** book all flights between 11am-3pm. **Departing flights:** book all flights between 2-5pm. Look for the travel form on line or in your confirmation packet. Two weeks notice is required.

**MEDICAL CARE** All campers must have their own accident and health insurance. A certified NATA athletic trainer will attend all camp sessions. A trainer will also be available in the dormitory during the evenings.

**LODGING** Campers will room in university dorms on the beautiful campus at Carolina. **All rooms are air-conditioned.** All meals are served cafeteria style, all you can eat. We will do what we can to honor roommate requests, but they are not guaranteed. There are 2 campers maximum per room.

**FACILITIES** We will be using our turf facility and the grass fields in the center of campus. The Women's Lacrosse and Field Hockey locker rooms and stadium were completed in the spring of '99. The Carolina Lacrosse Camps allow the athlete to experience the university setting in beautiful Chapel Hill. During camp, there will be a campus and facilities tour offered to any camper who is interested.

**MEALS** Breakfast, lunch and dinner will be served to all campers each day at the Rams plaza dining facility. (commuters only receive lunch and dinner)

**Rising Stars:** First meal, Dinner June 22 – Last meal, Breakfast June 25

**Elite Camp:** First meal, Dinner June 27 – Last meal, Breakfast June 29

**For questions or further information:** Phone: (919) 259-4927  
E-mail: [unclaxcamps@gmail.com](mailto:unclaxcamps@gmail.com)