

## Registration Form:

Please send the registration portion of this brochure along with a check made out to Metro Elite Lacrosse Academy, LLC to:

Metro Elite Lacrosse Academy, LLC  
PO Box 34245  
Bethesda, Md 20827

Each weekly session costs \$290  
Please check which week(s).

\_\_\_\_\_ June 18 -22

\_\_\_\_\_ June 25 - 29

Camper's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Age: \_\_\_\_\_ Grade in Sept. '07: \_\_\_\_\_



## Equipment Needed:

\*Each camper is required to bring the following items to camp each day. Please clearly label all items you bring to camp with your name.

Girl's Lacrosse Stick  
Protective Eyewear (Goggles)  
Mouth Guard  
Lacrosse Ball  
Cleats  
Sneakers  
Water Bottle  
Swim Suit  
Towel  
Sunscreen  
Extra \$ for Vending Machines

## Goal Keeping:

In addition to instruction for field players, Coach Tehan is offering instruction for goal keepers. There is an overwhelming need for goalies at all levels of lacrosse. Starting of at an early age and learning the proper goal keeping techniques will give your daughter the winning advantage. All campers who are interested in goal keeping should also bring goalie equipment if they have equipment available.

Goalie Stick  
Helmet  
Chest Protector  
Padded Shorts  
Shin Guards  
Goalie Gloves

## Lunch:

\*All campers need to bring a lunch each day with an extra beverage. Please put your lunch in a good cooler with your name clearly marked on the outside of the cooler.

# Metro Elite Lacrosse Academy

Girls Ages 8-14

9 am – 3 pm



June 18 – 22

June 25 – 29

at

Georgetown Prep

10900 Rockville Pike  
Rockville, MD 20852

MetroEliteLax@aol.com

## Camp Goals:

Metro Elite Lacrosse Academy has something to offer every player from beginners to advanced. Campers will not only receive exceptional coaching, but also enjoy the benefits of Georgetown Prep's new athletic fields, athletic center, and Olympic size swimming pool.

Metro Elite Lacrosse Academy aspires to build upon previous lacrosse knowledge and to strengthen lacrosse fundamentals. In addition to improving basic skills, we hope to develop offensive and defensive technique and strategies. Goalies will be taught proper technique and footwork.

If your daughter has never played lacrosse before, don't worry! No experience is necessary, all beginners are welcome. We hope your daughter leaves camp with a love for lacrosse and a desire to learn more.

## Daily Activities:

Skill Development/Stations

Offense and Defense

Lead-Up Games

Individual Contests

Scrimmages

Pool Time

Guest Speakers

After Care available through  
Georgetown Prep's camp office  
301-214-8607

## Camp Director:

**Lisa Wilkins Tehan, MA**  
**1983 Div. III All American**  
**Glassboro State College, NJ**  
**Hall of Fame Inductee 1993**



Lisa Tehan and Metro Elite Lacrosse Academy, LLC are proud to offer the first annual girls' lacrosse camp at Georgetown Prep. Coach Tehan is a former Division III All-American. She was an assistant coach at Glassboro State College (Rowan University) for five years. She has recently helped coach the 2005 U13 and the 2006 U15 US Lacrosse Potomac Chapter National Youth Festival Teams. She started girls' lacrosse at St. Jane de Chantal School and has coached them under Check it Out Lacrosse in the Metropolitan Girls' Lacrosse League for the past five years. She is also an assistant coach for the McLean Youth Lacrosse U15 Travel Team. Coach Tehan brings with her a sound knowledge of the sport of lacrosse. She has been involved with girls' lacrosse for 35 years. Lacrosse fundamentals and basics are her strength.

## Parent Authorization and General Release from Liability:

I approve of my daughter's attendance at the Metro Elite Lacrosse Academy, LLC at Georgetown Preparatory School. I certify that she is in good health, is fit to participate, and has medical insurance. I understand that there are inherent risks in the activity, which I have considered and which the participant assumes. I agree to hold harmless Metro Elite Lacrosse Academy, LLC, its personnel, coaches, and managers, and Georgetown Preparatory School from claims or damages due to injury to person or property caused by act or failure to act. I consent to emergency treatment for my daughter, if in the judgment of Metro Elite Lacrosse Academy, LLC and/or Georgetown Prep, it is required.

This waiver has been read, understood, and is signed voluntarily by me as the legal representative for the participant.

Parent's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Cell # \_\_\_\_\_

Work # \_\_\_\_\_

## Insurance Information:

Health Insurance Co: \_\_\_\_\_

Policy # \_\_\_\_\_ Group # \_\_\_\_\_

Employee ID # \_\_\_\_\_

Name of Insured: \_\_\_\_\_

Please list any allergies or medical conditions that Metro Elite Lacrosse Academy, LLC and Georgetown Prep should be aware of:

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