

CAMP DIRECTOR



Anne Phillips

*Camp Director
Head Coach*

Fun Fact about Coach:
"My dog's name is 'Brine'"

Anne Phillips is in her second year as the Head Coach at Yale University. Previously, Coach Phillips led the Diplomats of Franklin & Marshall to an NCAA National Championship and was the IWLCA Division III National Coach of the Year in 2007. Phillips posted a 93-24 record (.795) in her six seasons at F&M, making her the school's all-time leader in both wins and winning percentage. Additionally, Coach Phillips is Chairman of the US Lacrosse National Team Selection Committee and was a US Lacrosse National Team selector in 2007 for the 2009 World Cup Championship Team.

ASSISTANT COACHES

Brigid Strain, Defensive Coach

Jill Byers, Offensive Coach

***NOTE:** Camp Staff includes other Division I coaches, US Team Members, current Yale lacrosse players and other Division I players.



CAMP INFORMATION

Strength Session

Each camper will participate in a speed training/agility session.

Meals

Campers will be provided with lunch.
(Food choices: Pizza and Subs)



Reese Stadium

**279 Derby Avenue
New Haven, CT 06515**

Bulldog Lacrosse LLC

**PO Box 992
Branford, CT 06405**

BulldogLacrosseCamps@gmail.com

www.bulldoglacrosse camps.yolasite.com

BULLDOG LACROSSE UNDERBITE DAY CAMP

At Yale University

July 6-9, 2010

Grades: 4-8th



DAY CAMP

TENTATIVE SCHEDULE

July 6, 2010

8:00-9:00am
9:00-9:15am
9:30-11:30am
11:30-1:00am
1:00-3:00pm

Registration
Introductions
1st Lax Session
Lunch
Stations

July 7, 2010

9:00am
9:15-9:30am

Warm Up
Shooting Demo
(Led by Jill

Byers)
9:30-11:15am
11:15-11:30am
11:30-1:00pm
1:00-3:00pm

Lax Session
Stick Tricks
Lunch
Scrimmages

July 8, 2010

9:00am
9:30-10:00am
10:30-11:30am
11:30-1:00pm
1:00-3:00pm

Warm Up
Strength Session
Lax Session
Lunch
Scrimmages

July 9, 2010

9:00
9:30-11:15am
11:30-1:00am
1:00-3:00pm
3:00pm

Warm Up
Lax Session
Lunch
Scrimmages
Closing Remarks



CAMP INFO

DETAILS & OVERVIEW

Bulldog Lacrosse Underbite Day Camp is a fun and instructional environment that focuses on the fundamentals of the game of women's lacrosse. We take pride in teaching the sport we love with passion and enthusiasm. Campers will learn a vast amount of knowledge about the game and will learn the basic fundamentals of attack, midfield, defense and goal tending tactics through individual and group instruction. In addition, our mission is to teach, rather than just demonstrate. Through breaking down each and every step of all concepts, we ensure that each camper gains a full and complete understanding of the sport.



WHAT WE CAN OFFER YOU!!

- Head and Assistant Coaches at every session
- Team Building
- Full-time trainers on duty at all times
- Camp FUN DAY, including talent shows and team relays/competitions
- STX Camp Package; campers will receive a reversible, water bottle, stickers, etc..

REGISTRATION

UNDERBITE DAY CAMP

**Underbite Day Camp Fee
(Per Person)
\$425.00**

**Application Deposit
(Non-Refundable)
\$200**

To ensure quality instruction time for each camper, enrollment is limited. Applicants will be accepted on a first come, first serve basis. You will receive a confirmation email along with medical waivers, liability forms, directions and other camp specific information.

Camper Name:

Email:

Home Address:

Phone #:

Emergency Contact:

School/Youth Team:

Position:

Experience:

Grade:

DOB: / /

Age:

Teammate Request (if applicable):