

# APPLICATION

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/Town \_\_\_\_\_ Zip \_\_\_\_\_  
 Age \_\_\_\_\_ D.O.B. \_\_\_\_\_  
 Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_  
 Phone(\_\_\_\_) \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_  
 Home \_\_\_\_\_ Cell \_\_\_\_\_  
 Grade \_\_\_\_\_ (Fall of 2009)

POSITION: G M A D (circle one)

Emergency Phone Number (other than home or cell) \_\_\_\_\_

Village of Homer has no medical insurance.  
 Players participate at their own risk.

\_\_\_\_\_ Email Address \_\_\_\_\_

\_\_\_\_\_ Parents Signature \_\_\_\_\_

Return Application and Fee to:

**Homer Lacrosse Camp**  
**c/o Lacrosse Consultants**  
**4806 Butler Dr.**  
**Cortland, NY 13045**

QUESTIONS?

Call Rich Ceconi at 749-4167, 5-9 p.m.

**COST:** Week long day camp  
 Pre-register before camp begins \$105.00  
 Register the day camp begins \$110.00  
 (includes a camp reversible)

Circle Size: Men's **S M L XL**

Make checks payable to:

**LACROSSE CONSULTANTS**

Camp will be limited to **forty** participants each week. First come, first served.

**DO NOT DELAY**

## Typical Day at Homer Lacrosse Camp

10:00	Attendance and Stretching
10:15	Instruction on a particular skill to be worked on that day
10:30	Practice for the first skill
10:45	Instruction on a second individual skill
11:00	Practice for the second skill
11:15	Instruction on a third individual skill
11:30	Work on all three skills
12 - 1	Lunch

### NO Lunch Provided

*Bring a bag lunch or walk with parental permission to Costa's Market or A Pizza and More, all within 2 blocks on Rt. 281. Supervision will be provided at Calale Field from 12-1.*

1:00	Attendance and a review of morning skills
1:15	Instruction for a <u>team</u> concept
1:30	Practice for that team concept
2:00	Instruction on a second team concept
2:15	Practice for second team concept
2:45	Questions and Follow-ups

# HOMER LACROSSE CAMP 2009

*An instructional day camp for all positions*



**July 27 - July 31**  
 grades 4 - 11 (Fall 2009)

**Attack Midfield Defense Goalie**

**10 a.m. - 12 noon & 1 p.m. - 3 p.m.**  
**DAILY**

**Sponsored by:  
Geared 2 Sports**



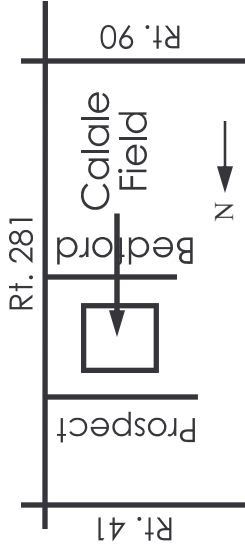
**Calale Field,  
Rt. 281, Homer, NY**

# Camp Philosophy

The camp is designed for those with or without lacrosse experience. Each person will be instructed on the basic fundamentals of lacrosse and each individual position. Players will be given an opportunity to practice their skills under the guidance of experienced lacrosse players and coaches. As an instructional tool, videotapes will be used so that players can see themselves working on the skills of the game.

In order to give each player maximum instructional time, a camp coach to player ratio will be no more than 1 : 10.

The goal of the camp will be to teach the individual skills of passing, catching, scooping, and dodging, as well as team concepts including offense, defense, face-offs, clearing, and riding.



**Geared 2 Sports/Graph Tex** is the Homer Lacrosse Camp Corporate sponsor. Many thanks to Brent, Chad and Shawn Riley of Geared 2 Sports/Graph Tex for their support. Thanks also to New Balance and Larry Brady for their support of Homer Lacrosse over the years.

# Camp Staff

## Camp Director - Rich Cececoni

Coach Cececoni has been involved with the game of lacrosse for over 35 years. A graduate of SUNY Cortland, Rich Cececoni has coached at every level of lacrosse from junior high to college. He has worked for many years at lacrosse camps at Colgate University, Cornell, Hamilton College and Syracuse University. Coach Cececoni established the Homer Recreation Summer Lacrosse League in 1975, and has been its director for all but three years. In 1995, Coach Cececoni was named USCLA Coach of the Year. He currently is an Assistant Coach at Homer.

## Midfield & Long Stick Midfield Coach - Joel White

Coach White is a 2007 Cortland H.S. graduate. He played midfield and was a H.S. All American. Joel is a current member of the Syracuse University Lacrosse team where he plays long stick midfield. He was a member of the U.S. Lacrosse team that won the 2008 Under-19 World Championship.

## Attack Coach - Justin Teeter

Coach Teeter is the Asst. J.V. Lacrosse Coach at Homer H.S. where he played attack and midfield. He played college lacrosse at Herkimer CCC where he participated in two NJCAA Final Fours. Justin has coached for 4 years in Homer. He has also coached at the All-American Lacrosse Camp at Colgate and the LeMoynes Lacrosse Camp. Coach Teeter is currently a Physical Education teacher in McGraw.

## Defensive Coach - Bob Edwards

Coach Edwards graduated from Cortland H.S. where he played varsity lacrosse as a close defender. After graduating in 1988, he went to Hartwick College playing long stick midfield and close defense. Bob was the head lacrosse coach at King School in Connecticut where in 1995 he was elected Coach of the Year. He played club lacrosse after college and also has extensive lacrosse club coaching experience. Coach Edwards is currently the Cortland Asst. Junior High Lacrosse Coach.

## Goalie Coach - Rich Barnes

Coach Barnes is a 1985 graduate of Cortland H.S. Rich was an All-American at both SUNY Cortland and Herkimer CCC. He has worked in many lacrosse camps in New York, and is one of the best lacrosse coaches and goalie instructors around. Coach Barnes was the Head Coach in 2006 for the Cortland St. National Champions. Rich was an Asst. Coach at LeMoynes College where he helped them win National Championships in 2007 and a repeat trip to the finals in 2008. He is currently the head Jr. High Coach at Homer H.S.

## Guest Coaches

Two guest coaches will make appearances at camp this year. Dave Basile, a Homer H.S. and Nazareth College coach, will help out with the defense and goalies. Also Matt Cutia, a Homer H.S. and Syracuse University graduate, will help out with the attack. Both are currently Asst. Coaches