

APPLICATION

Name _____

Address _____

City/Town _____ Zip _____

Age _____ D.O.B. _____

Month Day Year

Phone(____) _____ | (____) _____

Home

Cell

Grade _____ (Fall of 2011)

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 Cecconi at 749-4167, 5-9 p.m.
or email rcecconi2@gmail.com

COST: Week long day camp

Pre-register before camp begins \$110.00

Register the day camp begins \$120.00

(includes a camp reversible)

Circle Size: Men's S M L XL

Make checks payable to:

LACROSSE CONSULTANTS

Camp will be limited to **fifty**
participants. 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 A Pizza and More, 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 team 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

No afternoon session on Friday

HOMER

LACROSSE CAMP 2011

An instructional day camp for all positions



July 25 - July 29
grades 3 - 9 (Fall 2011)

Attack Midfield Defense Goalie

M-Th: 10 a.m.-12 noon & 1 p.m.-3 p.m.
Friday: 10 a.m.-12 noon

Sponsored by:
Geared 2 Sports



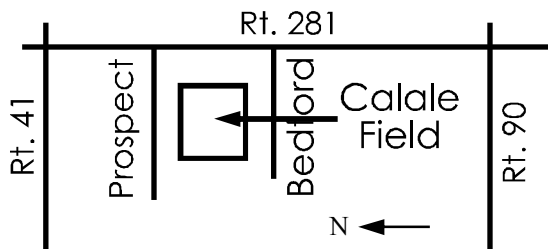
Calale Field,
Rt. 281, Homer, NY
www.homerlacrosse.com

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, and Will Rumsey of 1Lacrosse for their support of Homer Lacrosse over the years.

Camp Staff

Camp Director - Rich Cecconi

Coach Cecconi has been involved with the game of lacrosse for over 35 years. A graduate of SUNY Cortland, Rich Cecconi 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 Cecconi established the Homer Recreation Summer Lacrosse League in 1975, and has been its director for all but three years. In 1995, Coach Cecconi was named USCLA Coach of the Year. He currently is an Assistant Coach at Homer.

Midfield Coach - Tom Cottrell

Coach Cottrell is a graduate of Homer H.S. and SUNY Geneseo. He was the captain of his lacrosse teams at both schools. Coach Cottrell has been a lacrosse coach at Homer H.S. since 1990 and has coached the varsity team since 2011. He also coached the Empire Central team to a silver medal in 2010.

Attack Coach - Chris Moore

Coach Moore is the Asst. J.V. Lacrosse Coach at Homer H.S. Chris played and coached lacrosse at East Syracuse-Minoa H.S. where he was a H.S. All American. Coach Moore played on two national championship teams at LeMoyne College where he was a two-time All American. He has coached at numerous lacrosse camps in CNY and is currently the Physical Education teacher in Homer.

Defensive Coach - Joe May

Coach May is a graduate of Homer H.S. and SUNY Geneseo. He was the MVP on his soccer team and an All League lacrosse selection his senior year in high school. At Geneseo, Coach May is a two-time lacrosse All American; two-time 1st Team SUNYAC; two-time SUNYAC All Tournament Team and a two year captain. He also coached at last years Homer Lacrosse Camp.

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 LeMoyne College where he helped them win National Championships in 2006 and 2007. 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 Mark Yacavone, a Homer H.S. graduate, will help out with the camp. Both currently coach in the Homer Youth Lacrosse Program.