

About the Sports Centre

Featuring Indoors

- ◆ Two 185' x 85', Sport Field turf (plays like natural grass) multipurpose fields with dashboards
- ◆ Seating for 320 spectators in bleachers
- ◆ One 500 sq. ft. warm-up area
- ◆ Men's & women's changing areas and rest rooms
- ◆ Education Center / Team Meeting Room
- ◆ Video arcade
- ◆ Upper Level Mezzanine for spectator viewing

Featuring Outdoors

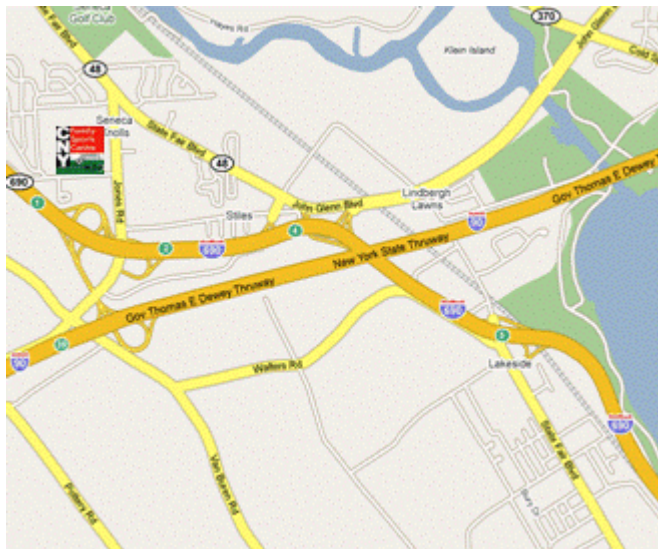
- ◆ Three 110 yd. x 70 yd. multipurpose natural grass fields
- ◆ Two 70 yd. x 40 yd. natural grass multipurpose fields
- ◆ One 90yd x 60yd natural grass multipurpose field
- ◆ Family picnic area
- ◆ 250 car parking lot

T-Shirts For the  Camps done by



New Age Graphix

**Conveniently located off Route 690 at Jones Road
or Exit 39 of the NYS Thruway**



About the Camps

—Training Topics—

We will train each day on the following:

1. Stick skills and fun!
2. Stick skills, ground balls and fun!
3. Stick skills, ground balls, game awareness and fun!
4. Stick skills, ground balls, game awareness, full field action and fun!

Campers will receive an evaluation at the end of the week on technical, tactical, physical, and psychological aspects of the games.

—Rain or Shine—

Even in the worst weather conditions, camp will continue as scheduled. We have the ability to move indoors in inclement weather.

Campers should come prepared each day with:

- Lacrosse Stick
- Lacrosse bag to keep your things together
- Lacrosse cleats
- Rain gear
- Indoor sneakers (or turf shoes) (severe weather)
- Plastic water bottles
- Change of clothing (socks, T-shirt...)
- Sunscreen and Towel
- Snack

It is our belief that lacrosse players at all levels, should learn the game in a competitive, enjoyable, and safe environment. Our dedicated staff and select guest coaches will work diligently to develop the components of lacrosse in each player.

Technical, tactical, physical, and mental aspects of lacrosse are addressed throughout our programs, which will ensure that each player maximizes their playing potential. Current coaching practices will be applied and the teaching of fundamental skills will be given high priority.

Ultimately, the player will be given the tools needed to develop as a player and experience the game in a truly enjoyable way.

CNYFSC Summer Lacrosse Camp

August 10th - 13th 2009
August 10th - 13th 2009

7201 Jones Road
Syracuse, New York 13209
Phone: (315) 638-8866
Fax: (315) 638-2882
www.CNYFSC.com

About The Coaching Staff

Greg Scott

Varsity Coach at Lafayette for 5 years, 2 state championships, 4 division titles, Graduated from Keuka College, 4 year goalie, 3-time All League goalie, Division III coach of the year in 2003 and 2005, CNY coach of the year in 2003. United States Army Veteran, lives in Baldwinsville with wife and three kids.



Mike MacDonald

A former attack at Syracuse University, and Henninger High School graduate, Mike has an impressive lacrosse resume. He was named a Section III All Star, receiving MVP of the Section III All Star Game in 2003. He was also a recipient of the Tony Galiza Award and First Team All League. He also assisted in the Syracuse University Orangemen winning the 2008 NCAA Lacrosse Championship. Since graduating Syracuse University, he has continued to work at lacrosse camps and play lacrosse recreationally.



Nick Gatto

Nick Gatto is a Henninger High graduate. Nick played two years at Onondaga Community College in 2005 and 2006 where he captured two regional championships and was Captain of the 2006 undefeated National Championship team. In 2006 Nick was named 1st team All American and junior college offensive player of the year. Nick is the all time assists leader at Onondaga and is 2nd all time in points. Nick also played for Lemoyne College. There Nick helped guide the Dolphins to the 2007 Division 2 National championship, In 2008 he helped get the Dolphins back to National championship and was again named an All American. Nick is now an Assistant Coach for the OCC Lazers Men's Lacrosse Team.



Steve Gryzlo

Lafayette Coaching Staff 2002-2007, 2 State Championships... Four year starting goalie and captain at Roger Williams Univ. Bristol, RI. 2 Time East Coast Athletic Conference All League. 3 Time Team MVP. Lives in Skaneateles with his wife and three boys.



Summer Camp Dates, Times & Ages

Lacrosse Player and Goalie Camp

August 10th - August 13th 9am - 12noon

Ages Groups will be divided as follows:

Grades: K-2 3-4 5-6

This 4 day camp is designed to provide each player with individual instruction. The individual instruction will help each player improve their all-around skills. As in any sport, players need the individual skills to help them become better players.

At the end of each session players will leave with better individual skills. These skills will range from stick handling, to shooting to defending. Not only will they leave the 6 sessions with better individual skills but, they will also develop a greater understanding of team play, learning the tactics of the game to make their respective teams better.

To maximize improvement players will be grouped according to age and ability. By grouping the players this way, we focus on giving each player the opportunity to become better.

General Schedule Monday - Thursday

8:40am - 8:55am Camper arrival

9:00am - 9:30am WARM UPS-stretch in lines.
lap around the field.

9:30am - 10:30am LINE DRILLS- pass and catch,
ground balls etc....

10:30am - 11:00am GROUP SKILLS
Coach Scott (defense)
Coach Gryzlo (goalies)
Coach Gato and Macdonald (offense)

11:00am - 11:15am POPCICLES AND WATER

11:15am - 12:00pm Ability level scrimmages

This schedule represents a general schedule for a day of training. Our coaches may modify this schedule from day to day.

Registration Form Summer Camp 2009

Player's Name: _____

Camp Registering For: Field Player Goalie

Grade: _____ Shirt Size: YS YM YL AS AM

Parent's Name: _____

Address: _____

City: _____ Zip: _____

Day Phone: _____

Eve. Phone _____

Email Address: _____

Emergency Contact: _____

Emergency Phone #: _____

Medical Concerns: _____

Credit Card Information (Only if using Credit Card)

_____ CVC2 Code: _____

Expiration Date: _____

Card Holder: _____

Signature: _____

Summer Camp Player Fee & Dates

Camp Fee

4 Day Camp - Field Player & Goalie
Monday - Thursday
\$120.00

Includes 12 hours of training and a camp t-shirt

When Registering Please Specify What Camp you are registering for:

Lacrosse Camp Goalie Camp

To Register: Call 315-638-8866, Stop In, or Email:

Kaitlin Donahue: kdonahue22@aol.com
or
Greg Scott: gscott@lafcs.cnyric.org

www.CNYFSC.com

Please Make Checks payable to CNYFSC
Visa, MasterCard, Discover & Am Exp also accepted