

Players will have the opportunity to play on our newly expanded practice fields, in the lacrosse stadium and our new Golisano Training Center indoor turf field. Nazareth Lacrosse is proud to be sponsored by Cascade and Maverik Lacrosse.



Daily Schedule:



- 9:30-10:00 am** ■ Stretching and stick drills
- 10:00-10:40 am** ■ Positional instruction (goalies will have extra individual preparation)
- 10:40-10:50 am** ■ Water Break
- 10:50-11:30 am** ■ Game situations (transitions, etc.)
- 11:30-12 noon** ■ Coach's corner (helpful hints to improve your game)
- 12:00-1:00 pm** ■ Lunch
- 1:00-1:30 pm** ■ Individual Instruction (dodging, defense faceoffs, shooting)
- Daily Contests
- 1:30-2:00 pm** ■ Team Practice
- 2:00-4:00 pm** ■ League Games

Other Activities to Include

Faceoff/Fastest Shot/Accuracy Contests

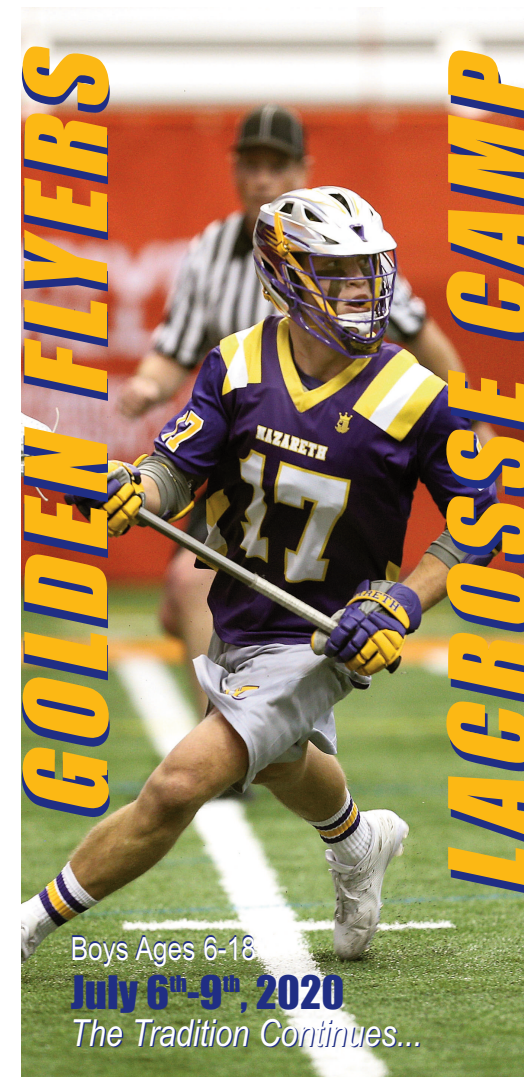
Equipment Checklist:

Stick ■ Gloves ■ Arm Pads ■ Shoulder Pads ■ Helmet
Mouthpiece ■ Cleats/Sneakers ■ Water Bottle

Please call (585) 389-2194 or email rrandal5@naz.edu if you have questions.



**GOLDEN FLYERS
LACROSSE**



Boys Ages 6-18

July 6th-9th, 2020

The Tradition Continues...

16 Conference Titles

3-Time National Champions

6-Time National Championship Appearances

22 NCAA Play Off Appearances

180 All Americans

Golden Flyers Lacrosse Camp

Location: Nazareth College

July 6th-9th, 2020

Time: 9:30 am - 4:00 pm Monday-Thursday

Cost: **\$265.00 if registered by April 1st***

\$285.00 after April 1st

\$320.00 after June 1st

\$340.00 after July 1st

Total cost includes the finest individual and team instruction, all you can eat lunch, a new reversible jersey and custom Nazareth Lacrosse apparel by Maverick.

CAMP STAFF:

Rob Randall, Head Coach, Nazareth College

In his 20th season at Nazareth, Randall has more than 30 years of coaching experience. Randall was head coach at Sacred Heart for four years, an assistant at West Point for three years and head coach at Geneseo for one season before taking over at Nazareth in the fall of 2000. Coach Randall is a 2011 inductee to the US Lacrosse Rochester Chapter Hall of Fame and has coached over 80 All-Americans and won nine Empire 8 Championships.



Ben Wineburg, Head Coach, SUNY Brockport

Wineburg became the first head coach of the Golden Eagles' lacrosse program in the fall of 2000 after serving as an assistant at Nazareth. Wineburg was a two-time All-American goalie for Nazareth and was named Division III Player of the Year in 1996 after leading the Golden Flyers to the national championship.

Jesse Elliott, Assistant Coach, Nazareth College

Troy Haefele, Assistant Coach, Nazareth College

Many Local High School and College Coaches

Local Youth Coaches From:

Fairport, Irondequoit, Penfield, Victor, Webster and more

***Early bird special**

On the cover: 3 Time All-American and 3 Time First Team Empire 8 Conference All-Star Luke Longo..



About the Camp:



Nazareth College Coach Rob Randall and his staff are planning the 33rd year of lacrosse camp. Rochester's most popular camp since 1988 will include extensive individual instruction, along with daily participation in actual games. The goal of the camp is to teach the fundamentals of lacrosse, while ensuring that each player leaves with a new appreciation for the game. Beginners are encouraged to attend. No experience is needed.

Camp staff will include Golden Flyers players and alumni, as well as top college players from some of the best lacrosse programs in the country. Golden Flyers Lacrosse Camp will also feature some of the best local high school and youth coaches.

A certified athletic trainer will be present at all camp activities.

For Further Information:



Contact **Rob Randall** at:

(585) 389-2194 or rrandal5@naz.edu

Troy Haefele at:

(585) 389-2809 or thaefel3@naz.edu

or

Golden Flyers Lacrosse Camp

Attn: Rob Randall, Director

4245 East Avenue, Rochester, NY 14618-3790



Please fill out the following application and return it with full payment to:



Golden Flyers Lacrosse Camp

Attn: Rob Randall, Director

4245 East Avenue

Rochester, NY 14618-3790



Register online at: WWW.Flyerslacrosse.org
Select "Our Forms"

2019 Nazareth Lacrosse Camp

Payment in full will be required to complete your registration

Location: Nazareth College

When: July 6th-9th, 2020

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Age as of camp week: _____

Position: _____

School: _____

Grade: _____

Parents Email Address: _____

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www.nazathletics.com

 Nazareth Mens Lacrosse

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 @Nazarethlax