



# CAMP INFORMATION

**Elite Camp:** For girls in 8th to 12th grade who are committed to lacrosse. This camp will mimic the daily experience of an ESU's Women's lacrosse player.

**Check In:** Mon, July 16th - 8:45 AM  
**Check Out:** Tues, July 17th - 4:30 PM

**Skills Camp:** Experience for beginners, intermediate and high level lacrosse players to help growth their knowledge of the game. Ages 9 - 19.

**Check In:** Wed, July 25th - 8:30 AM - 9:30 AM  
**Check Out:** Fri, July 27th - 11:30 AM to 12:30 PM

## DINING

Campers dine in Dansbury Commons, the university student dining room. Nutritious all-you-can-eat meals are served, with salad and dessert bars.

## CAMP CARE SERVICES

Our ESU Summer Camp Care Staff are first aid and CPR/AED certified. Summer Camp Care Staff will provide routine first aid services to the participants during the hours that camp is in session and will refer medical emergencies and illnesses to the Lehigh Valley Health Network - Pocono, located one block from campus.

## MEDICAL INSURANCE

ESU does not provide individuals with medical insurance. Campers must provide their own medical insurance plans. ESU is not responsible for paying medical deductibles or hospital costs for any camper.

Register online at:  
[www.esu.edu/camps](http://www.esu.edu/camps)

## XENI BARAKOS

[xbarakos@esu.edu](mailto:xbarakos@esu.edu)  
570-422-3672

**East Stroudsburg University of Pennsylvania is located in the beautiful Pocono Mountains in East Stroudsburg, Pennsylvania. ESU is 90 minutes west of New York City and two hours north of Philadelphia. You may also find directions through our website at [www.esu.edu](http://www.esu.edu)**

East Stroudsburg University of Pennsylvania is committed to equal opportunity for its students, employees and applicants. The university is committed to providing equal educational and employment rights to all persons without regard to race, color, sex, religion, national origin, age, disability, sexual orientation, gender identity or veteran's status. Each member of the university community has a right to study and work in an environment free from any form of racial, ethnic, and sexual discrimination including sexual harassment, sexual violence and sexual assault. (Further information, including contact information, can be found on the university's website at [www.esu.edu/titleix](http://www.esu.edu/titleix).)

In accordance with federal and state laws, the university will not tolerate discrimination. This policy is placed in this document in accordance with state and federal laws including Titles VI and VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments of 1972, Sections 503 and 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990, and the Civil Rights Act of 1991 as well as all applicable federal and state executive orders.



For more information, assistance or special accommodations, please call 570-422-3061.



Office of Conference Services  
200 Prospect St  
East Stroudsburg PA 18301-2999



EAST STROUDSBURG  
**WARRIORS**



# ESU

LACROSSE

2017 PSAC CHAMPIONS

## 2018 SUMMER CAMP

JULY 16TH - 17TH  
ELITE CAMP  
(8TH - 12TH GRADE)

JULY 25TH - 27TH  
SKILLS CAMPS  
(AGES 9 - 18)

[esu.edu/camps](http://esu.edu/camps)

# PHILOSOPHY

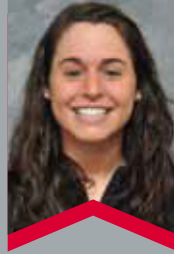
This is an open invitation camp to individuals of all skill levels. Come learn fun, fast-paced lacrosse from collegiate coaches and players. Through stick tricks, creative small-sided games, competitive drills, and scrimmages you will not only become a better lacrosse player, but have things to work on you when you leave. And most importantly, you will have a lot of fun doing it.

Goalies will have their own training sessions with collegiate coaches and players. If you want to take the next step in your game, then join us this summer in the beautiful Pocono Mountains.

# GENERAL INFORMATION

- Footwork and Agility Training
- Stick Work
- Defensive and Shooting Strategies
- Scrimmages
- Suite style living accommodations
- Work with ESU's top players
- GK's will have specific training sessions

# CAMP DIRECTOR



**XENI BARAKOS**  
Lacrosse Head Coach

- 2016 Season broke school record for wins
- Two-Time PSAC Coach of the Year

- Led Warriors to first-ever PSAC Championship in 2017, first NCAA DII Tournament appearance
- 2017 Season broke school record for wins
- 2 IWLCA All-American Region honors
- No. 10 in the final IWLCA Division II poll

# STAFF

The camp staff is comprised of experienced college coaches, as well as current ESU lacrosse players.

# COST

Register online at: [www.esu.edu/camps](http://www.esu.edu/camps)

**ELITE CAMP**  
\$200/PLAYER

**SKILLS CAMP**  
OVERNIGHT: \$315/PLAYER  
COMMUTER: \$250/PLAYER

**SKILLS CAMP DISCOUNTS ONLY\*:**  
FAMILY: \$20 OFF TWO OR MORE SIBLINGS  
TEAM: \$20 OFF FIVE OR MORE TEAM MEMBERS

\*To receive the team discount, a coupon code MUST be included in your initial registration form. No discounts will be given thereafter. Please contact coach for codes. DISCOUNTS CANNOT BE COMBINED.

**Make Checks Payable to:**  
ESU WARRIOR LACROSSE CAMP  
**Mail to:** Office of Conference Services,  
200 Prospect Street, E. Stroudsburg, PA 18301

# Deposit/Payment/Cancellations/Refunds

Please enclose a \$100 non-refundable deposit with all applications. Camp balance is due two weeks prior to the start of camp. Campers who leave during the course of the camp will receive a refund based on the number of days services were rendered.

All refund requests must be submitted in writing to the Office of Conference Services within 14 days of the last day of camp. No refunds will be issued to campers sent home for disciplinary reasons. No refunds will be issued after that time. Please allow six to eight weeks for processing of any refunds.

Medical documentation may be required for refund. Please send refund requests to [conferences@esu.edu](mailto:conferences@esu.edu) with the name of your child and camp they participated in.

ESU Warrior Sports Camps have contingency plans in the event of inclement weather, however, indoor practice facilities may be limited.

**XENI BARAKOS**  
[xbarakos@esu.edu](mailto:xbarakos@esu.edu)  
570-422-3672

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[www.esu.edu/camps](http://www.esu.edu/camps)

# LACROSSE

Please print clearly in ink.

CAMPER \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

HOME/CELL PHONE \_\_\_\_\_

EMERGENCY PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

GRADE ENTERING (FALL 2018) \_\_\_\_\_

AGE \_\_\_\_\_

DOB \_\_\_\_\_

SCHOOL/TEAM \_\_\_\_\_

COACH \_\_\_\_\_

POSITION \_\_\_\_\_

SELECT CAMP(S):

\_\_\_ ELITE CAMP (7/16-17)

\_\_\_ SKILLS CAMP (7/25-27)

\_\_\_ OVERNIGHT

\_\_\_ COMMUTER

ROOM WITH: \_\_\_\_\_

ADULT T-SHIRT SIZE: **S M L XL**  
(please circle one)

**\$100 NON-REFUNDABLE DEPOSIT**  
MUST ACCOMPANY EACH REGISTRATION FORM

# Medical Insurance Information

COMPANY NAME \_\_\_\_\_

POLICY NUMBER \_\_\_\_\_

GROUP NUMBER \_\_\_\_\_

NAME OF PARENT/GUARDIAN \_\_\_\_\_

I hereby authorize the camp staff of East Stroudsburg University to act for my son/daughter in their best judgment in any emergency situation. I also authorize my son's/daughter's attendance in ESU's Warrior Sport Camp. I certify that he/she is in good health and is able to participate in all camp activities. I understand that the camp staff, first responders, and university will not be held responsible for any injuries that occur on the way to, during or on the way home from ESU.

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_

