



July 19 - July 22

For Boys & Girls Ages 9-15 • The Governor's Academy • Byfield, MA

The Mission of the Clinic

To teach and reinforce the fundamental individual skills, team concepts and sportsmanship necessary for developing competitive, successful lacrosse players.

Our individual skill development will focus on the correct techniques for stickwork, including passing, shooting, catching, cradling and stick protection. One-on-one dodging and defending will also be taught in advance of fundamental team concepts including transition and all-even situations. The importance of sportsmanship, respect and a positive attitude are reinforced throughout our program.

Daily Clinic Activities Include:

- Drills**
- Demonstrations**
- Games**



The Clinic Coaching Staff

The Summer Lacrosse Clinic is under the direction of Peter Bidstrup, the Governor's Academy head boys' lacrosse coach. In addition, the balance of the staff will include a select group of coaches, as well as current collegiate and professional players.



Peter Bidstrup
Head Coach, Boys' Lacrosse
The Governor's Academy

Clinic Director Peter Bidstrup has been involved with the game of lacrosse as a player, coach, parent and fan for over 30 years. During the past 15 seasons as head coach at The Governor's Academy, his teams have won or shared the ISL title in 2002, 2006, 2007, 2008, and 2009. Coach Bidstrup, the '08 ISL Coach of the Year, has produced 9 All-Americans, and numerous All-League players, many of whom have played or are playing at the collegiate level.



Roberta McLain
Athletics Director
Head Coach, Girls' Lacrosse
The Governor's Academy

Roberta McLain, current athletics director and head girls' lacrosse coach at the Governor's Academy will direct the girls' clinic. Coach McLain was inducted into the New England Lacrosse Hall of Fame in 2005 and remains active at the national level with US Lacrosse, the USWLA and the US women's under 19 national team. She is an experienced clinician and educator.



The Clinic Facilities At The Governor's Academy

The Summer Lacrosse Clinic will be held on the campus of the Governor's Academy in Byfield, MA. Participants will have access to a variety of state-of-the-art athletic facilities, including the school's new 220 x 120 yard artificial "Field Turf" surface.

Between sessions, players and coaches will eat lunch in G.A.'s dining hall and relax in the Academy's many student lounge and activity areas.

Each participant will receive a reversible mesh practice jersey.



- Individual Skills**
- Team Concepts**
- Games & Competition**
- Sportsmanship**
- Fun**



Typical Daily Clinic Schedule

9:15 AM	Participant Drop Off
9:30 AM	Session I On-Field Instruction
Noon	Lunch / Break GA Dining Hall
1:00 PM	Session II On-Field Instruction
3:15 PM	Participant Pick Up

Additional Forms Are Available On-Line
www.topshelflax.com



2010 SUMMER LACROSSE CLINIC REGISTRATION FORM

Please complete this form and return by mail to: Top Shelf Lacrosse • 188 Middle Road • Byfield, MA 01922

PARTICIPANT INFORMATION - All Fields Required

Please Check One

Name: Last First M.I. Male Female

Address:

City: State: Zip:

Home Phone: () -

Parent / Guardian: Last First M.I.

Parent / Guardian E-Mail Address:

For Emergency Use Only:

Parent / Guardian Cell Phone(s): () - () -

Participant's Age: Date of Birth: / / Grade Completed As of 6/10:

School Attending in September 2010:

Lacrosse Position(s):

Experience Level: Beginner 1-2 Years 3-4 Years 5 or More Years

PARTICIPANT HEALTH INSURANCE INFORMATION - All Fields Required

Name of Insured: Last First M.I.

Relation to Participant:

Health Insurance Company:

Policy Authorization Number(s):

PARTICIPANT MEDICAL INFORMATION - All Fields Required

Name of Physician: Last First

Office Phone: () -

Special Medical Conditions of Concern:

2010 Clinic Fee and Refund Policy

The fee is \$320.00 and includes lunch and a reversible tank. Please choose a payment option, and make checks payable to "Top Shelf Lacrosse."

- Option 1: 50% (\$160) to reserve a place in the clinic. Balance (\$160) is due on or before July 1.
Option 2: Full Payment (\$320) enclosed.

SIBLING DISCOUNT: 2 children - \$600 / 3 children \$860

All payments are fully refundable until July 1. Fifty percent (\$160) of the fee is refundable if notification of cancellation is made prior to July 10.

Note: If you participate in an employer provided "cafeteria plan," you may claim paid clinic fees as day care costs. Top Shelf Lacrosse Federal Tax ID#: 26-0358342

Upon receipt and approval of the participant's application and payment, the Summer Lacrosse Clinic will send a confirmation e-mail.

In addition to this confirmation, each participant will receive a Waiver & Release and a Medical Treatment Authorization Form which must be completed and returned by a parent or legal guardian.

Please Make Checks Payable to: "Top Shelf Lacrosse" and return by mail to: Top Shelf Lacrosse • 188 Middle Road • Byfield, MA 01922

STAFF USE ONLY
REC'D: /
PAYMENT: \$
CHECK #:
CONF SENT: /