

**SPORTSMANSHIP . TEAMWORK.
EDUCATION. PRIDE. SUCCESS!**

STEPS Lacrosse Founder; Charlie Shoulberg
Background and experience:
Head Lacrosse Coach, Mendham HS
Assistant General Manager of the
2006 United States Men's National Team
Director of Marketing and Lacrosse at
Indoor Sports Pavilion, Randolph NJ
New Jersey Lacrosse Foundation, Vice President
United States Lacrosse -
Outstanding Service Award Winner
Former Rochester Knighthawk
of the National Lacrosse League
Assistant Coach at Nazareth College, NCAA Finalist
USILA North - South game participant
First Team All-America, Ithaca College
Player of the Year,
Eastern College Athletic Association
2 Time State Champion, First Team All-State

CAMP FEATURES

**GREAT STAFF
LOW CAMPER TO COUNSELOR RATIO
EXCELLENT FIELDS
DAILY PRIZES
DAILY GAMES
TEAM DISCOUNTS
GUEST SPEAKERS
EQUIPMENT RAFFLES**

WHAT TO BRING

All full day campers must bring a lunch,
water bottle, and snack.

BOYS EQUIPMENT

Helmet, shoulder pads, arm guards,
gloves, mouthpiece, stick

GIRLS EQUIPMENT

Stick, Goggles, Mouth guard
Goalies: Throat guard, chest protector,
mid-section protection, protective padding

CAMPERS WILL RECEIVE

Reversible jersey, camp giveaways
(stickers, lanyards, camp raffle items, awards)



9 Willow Drive
Chester, NJ 07930
908.879.3938
www.stepslacrosse.com



**STEPS LACROSSE
CAMPS**

BOYS AND GIRLS LACROSSE CAMPS

**MONDAY—THURSDAY
9AM-3PM AGES 8-15**

MOD-CROSSE (CO-ED)

**MONDAY—THURSDAY
9AM-11AM AGES 5-7**

2009 CAMP DATES AND SITES:

**JUNE 22-25 BLACK RIVER FIELDS
CHESTER, NJ**

**JULY 6-9 RFL FIELDS
BOONTON TWP, NJ**

**JULY 20-23 LIVINGSTON HS
LIVINGSTON, NJ**

**JULY 27-30 BLACK RIVER FIELDS
CHESTER, NJ**

DAILY SCHEDULE:

9:00 Dynamic stretch and warm up
 9:15 Skill and station work
 (Each day has a specific focus:
 Fundamental day, Position day,
 Transition day, Competition day)
 10:00 STEPS healthy snack break
 10:15 Skills reinforcement
 11:00 Daily competition practice
 (longest throw, hardest shot, partner pass, trick
 shot, accuracy, gauntlet)
 11:30 Lunch
 12:00 Guest speakers
 12:15 Challenge the counselors
 12:30 Team skills
 1:00 Games
 2:45 Daily awards ceremony
 (Camper of the day, Sportsmanship award,
 Teamwork award, Hustle award, Coaches
 award, Daily improvement award)
 3:00 Dismissal

The final day of camp is highlighted by individual and team competitions. Prizes will be awarded in multiple categories.

Modified PROGRAM FOR 5-7 YEAR OLDS:

**“MOD-CROSSE” IS A MODIFIED
 NON-CONTACT INTRODUCTION TO THE
 GAME OF LACROSSE. THE PROGRAM IS
 CO-ED. THE FOCUS IS ON
 SPORTSMANSHIP, TEAMWORK, AND FUN.
 ALL YOU NEED IS A STICK!
 (9AM - 11AM)**

BOYS CAMP STAFF:

Charlie Shoulberg, STEPS Founder
 Mendham High School
 Mark Walters, Mountain Lakes High School
 Jeff Bigas, Morristown High School
 Kevin Keown, Cortland St. University
 Anthony Bucco, Syracuse University
 Peter Grom, Cornell University
 Matt Hippenbecker, Cortland St. University
 Sean Kirwan, Tufts University

GUEST APPEARANCES:

In 2008 PAUL RABIL from Johns Hopkins and the Boston Cannons shot **108** on the radar gun and gave a great motivational speech!

GIRLS CAMP STAFF:

Jessica Shoulberg, Mendham High School
 Mike Walsh, STEPS Elite Head Coach
 Jen Munday, Mountain Lakes High School
 Meredith Spangler, Chatham High School
 Catherine Seals, Rutgers University
 Michelle Kelly, Stonehill College
 Kim Pantages, Northwestern University
 Kaitlyn Messinger, Univ. of North Carolina
 Maggie Smith, The Ohio State University
 Lauren Dykstra, Lehigh University

**STEPS LACROSSE CAMPS ARE
 GEARED FOR ALL LEVELS OF
 PLAY FROM BEGINNER TO
 ADVANCED**

REGISTRATION

Name:		
Address:		
City:		State:
Zip:	Phone:	
Email:		
Age:	Position:	
Select your camp		
June 22-25 Chester Boys Girls Mod	July 6-9 Boonton Twp Boys Girls Mod	July 20-23 Livingston Boys Girls Mod
	July 27-30 Chester Boys Girls Mod	
Camp Cost: \$280	Mod Camp Cost : \$150	

Please send registration form and a \$80 Non-Refundable deposit to:
 STEPS Lacrosse
 9 Willow Drive, Chester, NJ 07930
 The balance will be due on or before the first day of camp.

WAIVER & RELEASE OF LIABILITY: I am fully aware of and appreciate the risks associated with participation in a lacrosse event, including the risk of catastrophic injury, paralysis and even death, as well as other types of damages and loss. I further agree on behalf of myself, my heirs, and personal representatives, that US Lacrosse, STEPS Lacrosse, the host organization, and sponsors of any US Lacrosse event, along with their coaches, volunteers, employees, agents, officers and directors of these organizations, shall not be liable for any injury, loss of life or other loss or damage occurring as a result of my participation in the event(s). My signature below is my acknowledgement that I have read and understood every provision of this Waiver and Release of Liability, and that I agree to abide by it.
 Parent or guardian Signature: _____

Date: _____

