

LAKERS ELITE STAFF

DIRECTOR — ALICIA GROVESTON— aka VESTA

Groveston, the 4-Time GLIAC Coach of the Year & 2015 IWLCA North Region Coach of the Year, is currently in her 8th year as head coach at GVSU. In their sixth intercollegiate season, GVSU finished as the 2017 GLIAC Regular Season Champions. In 2016, for the first time in program history, the Lakers made the NCAA tournament. The Lakers were both the Great Lakes Intercollegiate Athletic Conference Regular Season and Tournament Champions for the 4th straight year. They ended the season ranked #10 in the IWLCA Coaches Poll and were #5 in the North Region NCAA Ranking. GVSU also beat the 2016 National Champions Florida Southern (#5 at the time) & Bentley University (#18).

GV's Kira Dosenberry was named the 2017 GLIAC Defensive Player of the Year. In addition, GVSU had seven other players named to the All-GLIAC Team. GVSU has also had three IWLCA All-Americans, and four IWLCA All-Region players in program history.

ASSISTANT DIRECTOR— RACHEL WARD

Coach Rachel is one of our assistant coaches at GVSU. She works primarily with the attack and goalkeepers; she is also the recruiting coordinator. Rachel is in the midst of her fourth season with the Lakers. She played for 4 years at Lock Haven University (PA D2) where she was a vital member of the National Runner-Up team in 2014 & 2015. She was 2nd Team All-PSAC in 2015 & 3rd Team in 2014. Ward works predominantly with the attack at Grand Valley.

Ward is a 2015 graduate of Lock Haven and will be graduating in April with her Masters in Higher Education at GVSU.

ASSISTANT DIRECTOR— CHELSEY BISHOP

Coach Chelsey is in the midst of her first season as a coach for the GVSU program. She was a four year member of the Lakers team, as well as a two year starter on the attack. Bishop works primarily with the attack and assists with the teams strength and conditioning.

Bishop has completed her degree in Exercise Science at Grand Valley, and is a certified personal trainer.

GVSU Women's Lacrosse
1 Campus Dr.
181 Fieldhouse
Allendale, MI 49401

IMPORTANT INFORMATION

- ◆ Prior to camp you will receive an email with a packing list, check-in information, medical authorization form & concussion forms. ALL forms must be properly submitted for campers to participate. Check in is typically from 11-12:30pm & Check out from 12-1pm
- ◆ **Campers must provide their own equipment including: stick, mouth guard, goggles, turf shoes/cleats and gloves. Goalies need to provide full gear. Goalies will be able to store gear at the field.**
- ◆ All Overnight campers must provide bedding, bath linens, & toiletries. Packing list will be provided.
- ◆ Campers will provide their own breakfast for Tuesday/Wednesday.
- ◆ First Aid Providers will be present during all on-field camp activities.
- ◆ All campers are **REQUIRED** to abide by all camp rules and attend all camp sessions. Failure to do so will result in immediate dismissal from camp without a refund.

CAMP DIRECTOR: ALICIA GROVESTON

PHONE: (616)331-2545

EMAIL: GROVESTA@GVSU.EDU

WEBSITE: WWW.GVSULAKERS.COM

CAMP WEBSITE:

www.GrandValleyStateWomensLacrosse.com

REGISTER ONLINE TODAY!!!!

GVSU

LAKER ELITE

LACROSSE CAMP



JUNE 20 - JUNE 22, 2018

OVERNIGHT -OR-

DAY CAMP OPTIONS

AGES 9-18

GVSUWLAX HIGHLIGHTS

5 Time GLIAC Regular Season Champions

4 Time GLIAC Tournament Champions

2017 All-GLIAC Defender of the Year

7 All-GLIAC Team Members

2016 NCAA Tournament Appearance

Three IWLCA All-Americans

Three IWLCA North All-Region Athletes

2016 GLIAC Coach of the Year

WHY GVSU?

Grand Valley State University Athletics and GVSU Women's Lacrosse lives by three fundamentals. The first is to: Create the Best Learning Environment Possible. We want to make sure each player has the greatest opportunity to succeed, by providing the best facilities, coaching, support staff and education. Our second fundamental: Challenge Our Teams to Competitive Greatness. Throughout the year and at our camps, we challenge our players to go outside their comfort zone by playing against the best and learning from both their successes and shortcomings. Our third fundamental is a simple one: Commit the Energy Necessary for Success!



Coaches Vesta, Rachel and Chelsey do that on a daily basis, by providing their student athletes their full attention and dedication. They expect that same dedication and passion from their athletes in return. Coach Vesta's goal is to maximize each

student-athlete's full potential. She works to get the best out of each player both on and off of the field.

Campers will be exposed to the "Three Fundamentals" first hand through playing lacrosse, forming new relationships, and experiencing student life. Not only are Vesta, Rach and Chels working to enhance each player's strengths but are also helping to improve weaknesses through fun, energetic, and competitive drills. The coaches will be working on both an individual and group level in an attempt to maximize each camper's abilities and take their game to the next level.

CAMP ACTIVITIES

- ◆ Stick work/Stick skills
- ◆ Attacking fundamentals
- ◆ Defensive fundamentals
- ◆ Transition fundamentals
- ◆ Man-Up situations
- ◆ Man-down situations
- ◆ Full field play
- ◆ 1 on 1 skill instruction
- ◆ Goalkeeper skills
- ◆ Strength concepts
- ◆ Conditioning basics
- ◆ Small sided situations

CAMP HIGHLIGHTS

- ◆ Complete Skills Camp for Girls Age 9-18
- ◆ LOW Player to Coach Ratio
- ◆ Superior Instruction from College Coaches — Division I, II & III, NAIA & College Club Level
- ◆ One on one skill instruction
- ◆ Various camp prizes awarded—camper of the week, talent show winner
- ◆ Reversible mesh practice jersey
- ◆ Take-Home Individual Evaluation given at conclusion of camp
- ◆ Experience our gorgeous campus in Allendale, MI — 15 miles from Downtown Grand Rapids & Lake Michigan
- ◆ Use of our state of the art Laker Lacrosse Stadium & 4 Field Turf Recreation fields.
- ◆ Pristine Air-Conditioned Dorms — 2-4 per room — refrigerator included



CAMP DATES AND PRICES

JUNE 20-JUNE 22, 2018

Overnight Camp: \$495

Extended Day Camp: \$415

Camp runs Wednesday midday through Friday afternoon. Overnight camp includes the all instruction, meals and housing. Extended Day Camp runs from 9:00am-9:00pm and includes all instruction lunch and dinner.

GROUP DISCOUNTS AVAILABLE:
Group registrations must be done at the same time.
Late additions will not be permitted.
2-5 campers — 5% per camper
6+ campers — 10% per camper

LAKERS ELITE REGISTRATION FORM

Camper Name _____

Address _____

City/State/Zip _____

Email _____

Cell# _____ DOB _____

Parent/Guardian _____

Parent Email _____

Parent Cell _____

Circle One: **OVERNIGHT** **EXTENDED DAY**

Roommate Request _____

We will do our best to accommodate the requests

LACROSSE EXPERIENCE

Preferred Position: _____

School _____ Grade 2018/19 _____

Years Played _____ Pinnie (S/M, L/XL) _____

Highest Level Played (Youth, MS, JV, Varsity) _____

Camp Fees: \$495 Overnight \$415 Extended Day
\$200 Non-Refundable deposit — due by June 8th

PAY ONLINE @
www.GrandValleyStateWomensLacrosseCamps.com
ONLINE REGISTRATION REQUIRES FULL PAYMENT & HAS A SERVICE CHARGE

Checks Payable to **GVSU Women's Lacrosse**
Mail to: 1 Campus Dr. 181 Fieldhouse
Allendale MI 49401