

# LAKERS ELITE STAFF

## DIRECTOR — ALICIA GROVESTON

Coach Groveston is the head coach at GVSU and is currently building their brand new NCAA Division II women's lacrosse program. Grand Valley will begin intercollegiate competition during the 2011-2012 school year. In the last year, the coaching staff has been working with their current roster to prepare for next season competition, as well as recruit 17 student athletes out of the 2011 graduating class. Prior to joining GVSU she led Gannon University to a 12-4 record and a #8 national ranking in 2009. In 2008, Groveston was an assistant at Belmont Abbey College whose responsibilities were geared toward defense. That team also finished with a top ten ranking. Groveston attended Salisbury University where she was an All-Region defender and Academic All-American. In 2003, she received her Bachelor of Arts in Mass Media and returned to school to receive her Masters of Business Administration in 2004.

## ASSISTANT DIRECTOR — ERIKA WALKER

Coach Walker comes to GVSU after a three-year stint as an assistant coach at Robert Morris, where she was responsible with the recruitment and evaluation of prospective student-athletes, practice planning, film exchange and scouting opponents, along with other game-day operations. In terms of on-field coaching, Walker worked specifically with the defenders, coaching multiple players with post-season honors. Walker has also worked as a coach and site director with 3 Rivers Lacrosse and the Intrepid Lacrosse Club, both organizations out of Pittsburgh, Pa. Walker is a 2006 graduate of McDaniel College (formerly Western Maryland College) in Westminster, Md and also recently received her Masters of Business Administration from RMU (2010).

### ADDITIONAL COACHIES:

- <#> Kati Robbins — Head Coach St. Andrews (NC)
- <#> Jackie Rutkowski — Head Coach Albion College
- <#> GVSU Women's Lacrosse Team
- <#> Additional coaches to be added

GVSU Women's Lacrosse  
1 Campus Dr.  
184A Fieldhouse  
Allendale, MI 49401

**CAMP DIRECTOR:** ALICIA GROVESTON

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**CAMP WEBSITE:**

<http://www.myonlinecamp.com/grandvalleystatewomenslacrosse/index.cfm>

**2011**  
**GRAND VALLEY**  
**STATE**  
**UNIVERSITY**



**LAKERS ELITE**  
**OVERNIGHT**  
**LACROSSE CAMP**  
**JUNE 27 — JUNE 30**

## CAMP SETTING

Grand Valley State University is located 12 miles from Downtown Grand



Rapids and 15 miles from Lake Michigan. As the first NCAA Division II women's lacrosse program in Michigan the Lakers

are looking to help the sport of lacrosse grow throughout the Midwest. With our outstanding facilities campers of all ages will have no problems improving their lacrosse skills each summer.

## CAMP HIGHLIGHTS

- <#> Complete Skills Camp for Girls Ages 9-18
- <#> Superior instruction from College Coaches
- <#> 8:1 camper to instructor on field ratio
- <#> Daily emphasis on fundamentals, positional training, drills and scrimmages
- <#> Special goalie programs
- <#> Reversible mesh practice jersey
- <#> Prizes for outstanding play, sportsmanship and improvement.

## TYPICAL DAILY SCHEDULE

DOES NOT APPLY TO FIRST AND LAST DAY

7:30	Breakfast (Overnight Campers Only)
9:00	Extended Day Campers Arrive/Stretch
9:15	Session #1
11:45	Lunch/Rest
1:30	Session #2
4:00	Break
5:30	Dinner
6:30	Back to Field
7:00	Full field Games
9:00	Extended Day Campers Depart
9:15	Back to Dorms
10:30	Lights Out

\*All days are subject to change

## CAMP DATES AND PRICES

# JUNE 27-JUNE 30, 2011

**Overnight Camp: \$405**

**Extended Day Camp: \$325**

*Camp starts Monday late morning and ends Thursday afternoon. Overnight camp includes the instructional program, all meals and housing. Extended Day Camp runs from 9:00am-9:00pm and includes the instructional program, lunch and dinner.*

## CAMP PHILOSOPHY

Molding youth, middle and high school women's lacrosse players into elite athletes by fostering an environment of learning, accountability and motivation through creative drills and personal attention on and off the field.

While on campus each camper will be observed and evaluated on multiple fundamentals and skills. Each day will be a combination of conditioning, stick skills, midfield transition, offensive and defensive strategy, as well as full-field games.

## IMPORTANT INFORMATION

- <#> Once registration and deposit is received, a packet including a confirmation letter, medical authorization form and other forms will be sent to your home address. All forms must be properly submitted for your camper to participate.
- <#> Campers must provide their own equipment including: stick, mouth guard, goggles, turf shoes/cleats and gloves. Goalies need to provide full gear.
- <#> All Overnight campers must provide bedding and bath linens.
- <#> Athletic Trainers will be present during all 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.

## LAKERS ELITE REGISTRATION FORM

Name\_\_\_\_\_

Address\_\_\_\_\_

City/State/Zip\_\_\_\_\_

Email Address\_\_\_\_\_

Parent/Guardian\_\_\_\_\_

Home#\_\_\_\_\_ Work#\_\_\_\_\_

Cell#\_\_\_\_\_ DOB\_\_\_\_\_

JUNE 27-30 \_\_OVERNIGHT \_\_EXTENDED DAY

Roommate Request\_\_\_\_\_

## LACROSSE EXPERIENCE

Position:\_\_\_\_\_

High School\_\_\_\_\_

Grade for 2011-2012\_\_\_\_\_

Years Experience\_\_\_\_\_

Camp Fees: \$405 Overnight \$325 Extended Day  
**\$100 Non-Refundable deposit is due with registration**

Checks Payable to **GVSU Women's Lacrosse**

For more information please contact Alicia Groveston at 616-331-2545 or by email at [grovesta@gvsu.edu](mailto:grovesta@gvsu.edu)