

# LAKERS ELITE STAFF

## DIRECTOR — ALICIA GROVESTON

Coach Groveston is the head coach at GVSU and is currently directing their brand new NCAA Division II women's lacrosse program in its inaugural season. Prior to joining GVSU she led Gannon University to a 12-4 record and a #8 national ranking in 2009. As an assistant at Belmont Abbey College, she helped the team to a 10-7 record and top ten ranking.

Groveston attended Salisbury University where she was an All-Region defender and Academic All-American. She has a Bachelor of Arts in Mass Media (2003) and Masters of Business Administration (2004).

## ASSISTANT DIRECTOR — ERIKA WALKER

Coach Walker is the assistant coach and recruiting coordinator at GVSU. She comes from the Division I program at Robert Morris; where she was an assistant and recruiting coordinator for three years. Walker works predominantly as the defensive and goalie coach at Grand Valley.

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 Thiel College
- <#> Jackie Rutkowski — Head Coach Albion College
- <#> Sara Tisdale — Head Coach Augustana College
- <#> Amber Hill — Head Coach Niagara University
- <#> 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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**WEBSITE: WWW.GVSULAKERS.COM**

**CAMP WEBSITE:**

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

**REGISTER ONLINE TODAY!!!!**

**2012  
GRAND VALLEY  
STATE  
UNIVERSITY**



**LAKERS ELITE  
OVERNIGHT  
LACROSSE CAMP  
JUNE 25 — JUNE 28**

## 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
- <#> LOW player/coach ratio!
- <#> Tons of individual instruction!! Daily emphasis on fundamentals, positional training, drills and scrimmages
- <#> Special goalie programs
- <#> Reversible mesh practice jersey & various other prizes!!
- <#> Use of our brand new Laker Lacrosse Stadium and Recreational fields.

## TYPICAL DAILY SCHEDULE

*DOES NOT APPLY TO FIRST AND LAST DAY*

- 8:00 Breakfast (Overnight Campers Only)
- 9:15 Extended Day Campers Arrive/Stretch
- 9:30 Session #1 — Individual Skill Work
- 11:45 Lunch/Rest
- 2:00 Session #2 — Small Game Situations
- 4:00 Break
- 5:30 Dinner
- 6:30 Session #3 — 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 25-JUNE 28, 2012

### Overnight Camp: \$415

### Extended Day Camp: \$335

Camp runs Monday late morning through 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.

#### 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*

## 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 the following: conditioning, stick skills, midfield transition, small sided drills, man-up/man-down scenarios, 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 25-28 \_\_\_ OVERNIGHT \_\_\_ EXTENDED DAY

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

## LACROSSE EXPERIENCE

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

School \_\_\_\_\_

Grade for 2012-2013 \_\_\_\_\_

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

**Camp Fees: \$415 Overnight \$335 Extended Day  
\$100 Non-Refundable deposit is  
due with registration by June 10th**

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