

LAKERS ELITE STAFF

DIRECTOR — ALICIA GROVESTON

Coach Groveston is the head coach at GVSU. She and her team completed their first year of Division II intercollegiate athletics and recorded a 10-7 record. 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— LAURA BERNOTAS

Coach Bernotas is the assistant coach and co-recruiting coordinator at GVSU. She comes from the Division II program at East Stroudsburg University where she was an assistant for two years. Bernotas works predominantly as the offensive and goalie coach at Grand Valley.

Walker is a 2008 graduate of East Stroudsburg and also recently received her Masters in Exercise Science from California University of PA in 2012.

ASSISTANT DIRECTOR— ASHLEY JOHNSON

Coach Johnson is the graduate assistant and co-recruiting coordinator for GV. She comes from the Division II program Georgian Court University (NJ) where she was the assistant for a year. Johnson works primarily with the midfield and goalies at GVSU.

Johnson is a 2011 graduate from Birmingham Southern College and is working toward her Masters in School Counseling at Grand Valley.

ADDITIONAL COACHES:

- <#> Kati Robbins — Head Coach Thiel College
- <#> Jackie Rutkowski — Assistant Coach IUP
- <#> Sara Tisdale — Head Coach Augustana College
- <#> Laura Maness — Head Coach Detroit Mercy
- <#> Katie Rhodes — Asst. Coach Detroit Mercy
- <#> Laurie Jordan — Head Coach Alma College
- <#> Emilia Ward — Head Coach Kalamazoo College
- <#> Jack Cribbin — Head Coach Lindenwood University
- <#> Brian Smith — Asst. Coach Lindenwood University
- <#> Erika Walker — Former GVSU Asst. Coach
- <#> Nick Ostrowski — Former UDM Asst. Coach
- <#> GVSU Women's Lacrosse Team

GVSU Women's Lacrosse
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CAMP DIRECTOR: ALICIA GROVESTON

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EMAIL: GROVESTA@GVSU.EDU

WEBSITE: WWW.GVSULAKERS.COM

CAMP WEBSITE:

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

REGISTER ONLINE TODAY!!!!

2013 GVSU LAKER ELITE LACROSSE CAMP



JUNE 24 - JUNE 27, 2013

**OVERNIGHT OR
DAY CAMP OPTIONS
AGES 9-18**

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!
- <#> Individual instruction — Daily emphasis on fundamentals, positional training, drills & scrimmages.
- <#> Specialized goalie instruction
- <#> Reversible mesh practice jersey
- <#> Use of our brand new Laker Lacrosse Stadium & 4 Field Turf Recreational fields.
- <#> State of the art Air Conditioned Dorms — 2-4 per room — refrigerator & microwave included
- <#> Various camp prizes awarded

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

*Talent show on Wednesday night

*Neon day Thursday

CAMP DATES AND PRICES

JUNE 24-JUNE 27, 2013

Overnight Camp: \$430

Extended Day Camp: \$360

Camp runs Monday midday 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

—<#> **Two weeks prior to camp you will receive an email with a packing list, check in information & medical authorization form. All forms must be properly submitted for campers to participate.**

—<#> 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 lines, & toiletries. Packing list will be provided.

—<#> Athletic Trainers 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.

LAKERS ELITE REGISTRATION FORM

Name _____

Address _____

City/State/Zip _____

Email Address _____

Parent/Guardian _____

Home# _____ Cell# _____

DOB _____

JUNE 24-27 _____ OVERNIGHT _____ EXTENDED DAY

Roommate Request _____

*We will do our best to accommodate the requests

LACROSSE EXPERIENCE

Position: _____

School _____

Grade for 2013-2014 _____

Years Experience _____ Highest Level Played _____

Camp Fees: \$430 Overnight \$360 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