

WAIVER & RELEASE OF LIABILITY:

I am fully aware of and appreciate the risks, including the risk of catastrophic injury, paralysis and even death, as well as other damages and losses, associated with participation in a lacrosse event. I further agree on behalf of myself, my heirs, and personal representatives, that US Lacrosse, the host 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, or as a result of equipment that may have been provided to me for these activities. **MEDICAL ATTENTION:** I hereby give my consent to US Lacrosse and the host organization of any US Lacrosse related event to provide, through a medical staff of its choice, customary medical/athletic training attention, transportation, and/or emergency medical services as warranted in the course of my participation in US Lacrosse events. **REDINESS TO COMPETE:** I will only participate in those US Lacrosse competitions for which I believe I am physically and psychologically prepared to compete. **CODE OF CONDUCT:** I have read and agree to all the terms in the US Lacrosse Code of Conduct, especially with regard to my responsibilities as a player.

DATE: _____

ATHLETE SIGNATURE

PARENT/GUARDIAN SIGNATURE

Emergency Contact & Phone:

Name	Bus Phone	Cell Phone
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Name	Bus Phone	Cell Phone
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REGISTER ONLINE

http://www.active.com/event_detail.cfm?event_id=1544794

Sample Daily Schedule

- 8:45 Campers Arrive
- 9:00 Session 1: Individual Skills
- 12:00 Lunch
- 1:30 Session 2: Team Skills
- 3:30 Scrimmage
- 4:00 Camper Pick-Up

First Day Check-in: 8:15-9:00am

Last Day Check-out: 11:00am

For more information, visit:

www.bscsports.net/camps

Emily Thomas
(205) 226-7736
ethomas@bsc.edu

PANTHER LACROSSE CAMP



JUNE 27th-29th 2008

Girls Ages 10-18

*Directed by Emily Thomas,
Birmingham Southern Head Coach*

www.bscsports.net/camps

It's Camp Time!

Panther Lacrosse Camp offers girls between the ages of 10 and 18 an opportunity to develop their lacrosse skills & playing abilities by working with collegiate coaches and players. The camp's 3-day session is designed to improve upon individual stick work, team drills & scrimmaging talents. It is sure to be a rewarding camp for all who attend.

Camp Director: Emily Thomas



Emily Thomas is the Head Women's Lacrosse Coach at BSC and preparing to launch the program's first NCAA Division III season in Spring 2009. Thomas, a 2000 graduate of The College of New Jersey, was a lacrosse & field hockey player for the Lions. A 3 time National Champion and All-American selection, Thomas was a coach for Tri-State Lacrosse Club & Future Elite Club prior to her arrival at BSC.

Thomas has worked top collegiate level lacrosse camps in the northeast, along with southern based All-Star Lacrosse Camp, East West Sports Camp, Bagataway, and Dixie Chix Lacrosse Camps. This will be the first women's lacrosse camp at Birmingham-Southern.

What to Bring

Each camper is responsible for bringing their own equipment. Each camper should bring a water bottle.

Field players:

- ◇ Stick
- ◇ Goggles
- ◇ Mouth guard
- ◇ Cleats

Goalies:

- ◇ Goalie Stick
- ◇ Mouth guard
- ◇ Helmet
- ◇ Chest protector
- ◇ Shin guards
- ◇ Padded shorts
- ◇ Cleats

LUNCH:

Camp will provide lunch for each camper & water jugs will be available for water refills

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Mail-In Registration

First Name _____

Last Name _____

Address _____

City _____ State _____

Zip _____ Phone _____

Email _____

Age _____ Grade _____

School _____

Position: Attack Midfield Defense Goalie

Years Playing _____

Camp Fee:

Early Registration \$250
(by June 1st)

Late Registration \$280
(June 2nd-1st camp day)

Payment Method (please mark)

- ◇ Check (payable to Panther Lacrosse)
- ◇ Cash

**Credit & Debit Card payments are accepted for online registration only*

*Mail Registration form & payment to:
BSC Women's Lacrosse - Box 549041
900 Arkadelphia Rd Birmingham, AL 35254*

**Please see reverse side for signature
of release waiver of liability**