

# USC MEN'S LACROSSE

**BOYS' RESIDENTIAL POSITION CAMP**  
**Thursday, August 5 – Sunday, August 8, 2010**



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This camp is intended to prepare athletes entering their freshman-senior year of high school for the upcoming season. Our focus is on teaching and developing important skill sets in individual positions. This is an opportunity to work with USC coaches, select USC players, and special guests.

## Check In:

- Check-in for camp begins on Thursday, August 5 at noon. Campers can be dropped off at the New/North Residence College Building.

## Check Out:

- Check-out will begin Sunday, August 8 at noon. Campers can be picked up where they were dropped off.
- Parents are encouraged to come to the USC Admissions presentation at 12pm.
- All campers should be picked up by 2:30pm.

## Cost:

- \$599 per overnight camper (includes room & board, instruction, tournament, jersey, prizes and more!)

## Coaching Staff:

- USC Head Coach David Aktary
- Strength & Conditioning Coach Robert Steele
- Several current USC lacrosse players
- Guest speakers and other USC Staff

Please access camp information through [USClacrosse.com](http://USClacrosse.com) website. If you have any question or concerns, contact [menslax@usc.edu](mailto:menslax@usc.edu).

# Camp Schedule

## Thursday, August 5

- 11:30 AM Camper arrivals.
- 12:00 PM Check-in begins at New/North Dormitory. Sponsor tables open.
- 2:00 PM Introduction meeting presented by USC Lacrosse coaching staff.
- 2:30 PM Session I.
- 5:30 PM Dinner.
- 6:30 PM Session II.
- 9:00 PM Movies/games/free time.
- 11:00 PM Lights out.

## Friday, August 6

- 8:00 AM Breakfast
- 9:00 AM Session III.
- 11:30 AM Lunch. Sponsor tables open.
- 1:00 PM Session IV.
- 2:00 PM Face-Off Clinic, strength/wellness.
- 3:00 PM Session V.
- 5:00 PM Dinner.
- 6:30 PM Session VI.
- 9:00 PM Movies/games/free time.
- 11:00PM Lights out.

## Saturday, August 7

- 8:00 AM Breakfast
- 9:00 AM Session VII.
- 11:30 AM Lunch. Sponsor tables open.
- 1:00 PM Session VIII. – Tournament Game 1: A vs. B, C vs. D.
- 2:30 PM Team strategy session and break.
- 3:30 PM Session IX – Tournament Game 2: A vs. C, B vs. D.
- 5:00 PM Dinner w/ team.
- 6:30 PM Session X – Tournament Game 3: A vs. D, B vs. C.
- 9:00 PM Movies/games/free time.
- 11:00PM Lights out.

## Sunday, August 8

- 8:00 AM Breakfast
- 9:00 AM Session XI – Tournament finals. **Spectators welcome.**
- 11:00 AM Awards presentation and wrap-up.
- 12:00 PM Check-out and USC Admissions info session and tour.



# Session Breakdown

<b>Session</b>	<b>Attack</b>	<b>Midfield</b>	<b>Defense</b>	<b>Goalies</b>
<b>I</b>	Individual Work: Exchanging  Break In/Break Out and Square up	Individual Work: Exchanging  Move with/Without Ball	Individual Work: Approach  On Ball Awareness/ Initial Angles	Individual Work: Positioning  Angles
<b>II</b>	Individual Work: Ball Handling  Stick Protection and Dodging	Individual Work: Ball Handling  Stick Protection and Dodging	Individual Work: Playing Ball  Angles, Position, and Technique	Individual Work: Turns  Turns
<b>III</b>	Individual Work: Ball Handling  Shooting	Individual Work: Ball Handling  Shooting	Individual Work:  Closing the Gate and Sliding	Individual Work:  Live Shots
<b>IV</b>	Individual Work:  Dodging	Individual Work:  Individual Defense	Individual Work:  Brake outs	Individual Work:  Intro to clearing
<b>V</b>	Individual Work:  1v1 and 2v2	Individual Work:  1v1 and 2v2	Individual Work:  1v1 and 2v2	Individual Work:  1v1 and 2v2
<b>VI</b>	Individual Work:  Fast Breaks and EMO	Individual Work:  Fast Breaks and EMO	Individual Work:  Fast Breaks, MDD	Individual Work:  Fast Breaks, MDD
<b>VII</b>	Team Work:  Team O	Team Work:  Team O / Team D	Team Work:  Team D	Team Work:  Team D
<b>VIII</b>	Team Work:  Tournament Game 1*	Team Work:  Tournament Game 1*	Team Work:  Tournament Game 1*	Team Work:  Tournament Game 1*
<b>IX</b>	Team Work:  Tournament Game 2	Team Work:  Tournament Game 2	Team Work:  Tournament Game 2	Team Work:  Tournament Game 2
<b>X</b>	Team Work:  Tournament Game 3	Team Work:  Tournament Game 3	Team Work:  Tournament Game 3	Team Work:  Tournament Game 3
<b>XI</b>	Team Work:  Tournament Finals	Team Work:  Tournament Finals	Team Work:  Tournament Finals	Team Work:  Tournament Finals

\* Tournament games will use a 15-minute-half, running-time format with 4 teams of 25 players each. Finals seeding will be determined first by record, then by goal differential. Schedule subject to change.

## Additional Info:

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- All meals included
- 24-hour supervision
- Staff members reside in the dorms on the same floor as campers
- Skill development based on position
- A camp store will be available at various times throughout the camp
- All campers will receive an Official USC Lacrosse Camp jersey
- Campers may also win equipment and prizes from our generous sponsors.
- Trophies will be provided to players on the tournament-winning team. Others will receive certificates.

## Age Groups and Positions:

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Open to boys' high school lacrosse players entering freshman through senior year who desire to prepare, practice, and play in a collegiate atmosphere. Registration will be limited to the first 100 students: 24 Attackmen, 36 Midfielders, 24 Defenseemen, 8 Long Stick Middies, and 8 Goalies. After these 100 slots are taken, a waitlist will begin.

## Sponsors:

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The USC Men's Lacrosse Team would like to thank the sponsor of this year's camp:



## Registration Dates and Fees:

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April 10 – Registration Opens  
\$599 per camper

July 30 – Registration Closes

On-Site Registration  
\$649 per camper

### Refund Policy:

A \$100 administrative fee will be retained if you cancel. After July 30, 2010 refunds (less the administration fee) will be prorated only for medical reasons, when accompanied by a letter from a physician. Refunds may not be mailed until September 5, 2010. If a camper is injured and must leave camp early, the refund will be prorated for room/board only.

### Lost Key and Damage Policy:

Athletes and/or their parents/guardians are responsible for any damage to USC property. This includes, but is not limited to, a lost key fee of \$25 and a \$75 lock-replacement fee, and a \$5 replacement Souvenir Access Card.

### Campus Leave Policy:

All athletes are to stay on campus for the entirety of the camp and may not leave without expressed written consent of the Camp Director. Athletes should be dropped off at campus by a parent or guardian and should not plan to keep a car on

campus.

**Drug and Alcohol Policy:**

**If an athlete is found to be in possession of or under the influence of illicit drugs and/or alcohol during the camp, he will be removed from camp immediately at the athlete's expense and will be ineligible to return for the remainder of the camp without compensation of any kind.**

**Roommate Policy:**

USC will make every effort to place an athlete with the roommate that he requests in his registration, however USC reserves the right to make changes as necessary. Athletes and their guardians can request a change up to one week prior to the start of the camp.