

## College Prep Position Camps

### Camp Director

**Christian Zwickert**—Head Men's Lacrosse Coach at Wesley College. Former assistant at Providence, Dartmouth, F&M and Drexel University. Former player and head coach for German National Team.

### Camp Staff & Guests

**Chris Burdick**—Head Coach at Providence College. Former U of DE goalkeeper, Coach Burdick has an impressive coaching resume. Burdick was an assistant at Notre Dame moving on to coach at Delaware, UMass and Cornell.

**Jim Rogalski** - Defensive Assistant at Rutgers University. Also coached at Washington & Lee and Drexel University.

**Rob Chambers** - Defensive and Goalie Coach - Sacred Heart University

**Keith Loftis** - Defensive Assistant Coach at Providence College. Former Head Coach at SUNY Cobleskill.

**Bill Gorrow** - Former Head Coach at Franklin & Marshall College. Coach Gorrow won a NJCAA National Championship at Anne Arundel Community College (MD). Current assistant at Elizabethtown College.

**Andrew Baxter**—Offensive Assistant at Ohio State University.

**Jay Dyer** - Johns Hopkins  
Dyer is the Head Strength & Conditioning Coach for Division 1 National Champions Johns Hopkins. Coach Dyer personally trains college, international and pro standout attackman Mark Millon and is featured in *Lacrosse Magazine* and on Lax.com.

**Z** LACROSSECAMPS.com

Z CAMPS - College Prep Lacrosse Camp  
P.O. Box 5782  
Wilmington, DE 19808-0494

# College Prep

## Position Lacrosse Camp



For Boys Entering 9th Grade  
through Graduating Seniors

July 17 - 20, 2009  
Friday - Monday

Overnight Camp  
(with commuter option)

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Christian Zwickert - Director  
302.547.5228 / Z.Camps@comcast.net

## College Prep Position Camp

### Camp Features

*College Prep Position Lacrosse Camp* is geared towards those players with the desire to play in college. This camp will teach the most advanced techniques used by top college programs around the country focusing on individual skill development at each player position. Additionally, this is a great way to prepare for future recruiting camps and events.

Each camper will have focused teaching from our experienced staff leaving him with valuable skills and techniques to take his game to the next level. Campers will be placed in "Game-Like" situations to test their new skills.

After evening sessions, campers will also have an opportunity to hear, first hand from college coaches, what it takes to play at the next level. Guest speakers will talk about pre-season training, the recruiting process, how to market themselves as student-athletes, strength & conditioning for college lacrosse players and much more.

Campers will learn advanced, college level techniques in the following areas:

#### ATTACK

Dodging, Feeding, Off-ball play, Initiating Offense Crease Play, Ball Handling/Stick Protection & Shooting.

#### MIDFIELD

\* Offense - Dodging, Feeding, Off-ball play, Initiating Offense Crease Play, Stick Protection & Shooting on the Run.

\* Defense - On-ball and Off-ball Defense, Defensive Communication and Formations, 1 v 1 and Team Defensive Strategies, Footwork Drills & Checks.

#### DEFENSE

Angles, Crease Play, Checks, Holds, Turns, Defensive Communication and Formations, 1 v 1 and Team Defensive Concepts and Strategies & Footwork Drills.

#### GOALIE

Angles, Arcs, Positioning, Shooters Up Top and Feeders to Potential Shooters from Behind, Defensive Communication, Leadership and Formations, Playing the 1 on 1 & Clearing.

### General Camp Information:

Tuition Fee: \$475.00 for Overnight Option  
\$350.00 for Commuter Option



Most sessions will be held at Wesley College's lighted "field turf" facility.

#### Things to bring:

- **All Protective Equipment (stick, helmet, gloves, elbow and shoulder pads—protective cup highly recommended)**
- **Mouthpiece**
- **Molded/Screw-in Shoes (turfs can be worn in dry weather)**

*\*Water will be readily available on the field\**

#### Sample Day

8:00 am	Wake up
8:15 am	Breakfast (all you can eat)
9:00 am	<b>Session 1 - Teaching individual and positional concepts</b>
11:00 am	Free Time
12:00 pm	Lunch (all you can eat)
2:00 pm	<b>Session 2 - Teaching team concepts with "game like" in half and full-field situations</b>
4:00 pm	Free Time
5:00 pm	Dinner (all you can eat)
6:30 pm	<b>Session 3 - Games &amp; Guest Speaker (Topics include: The Recruiting Process, Admissions, How to Market Yourself as a Student-Athlete, and Fellowship of Christian Athletes)</b>
8:30 pm	Movies in Wells Theatre & Pizza
10:30 pm	Lights Out

### Registration Form

PRINT IN INK ONLY. TO BE COMPLETED  
BY PARENT / GUARDIAN

Name \_\_\_\_\_ Age \_\_\_\_\_

School \_\_\_\_\_

Ht: \_\_\_\_\_ Wt: \_\_\_\_\_ Grade: \_\_\_\_\_  
(As of January 2009)

Years Played \_\_\_\_\_ Pos. \_\_\_\_\_

Address \_\_\_\_\_

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

Work # \_\_\_\_\_ Cell # \_\_\_\_\_

E-Mail \_\_\_\_\_

Medical Insurance Co. \_\_\_\_\_

Policy No. \_\_\_\_\_

I authorize a representative of the College Prep Lacrosse Camp to take my child to a physician or hospital. I certify that the applicant is in good physical condition to take part in the College Prep Lacrosse Camp. A physician's certification or clearance note indicating good health must accompany the registration or be presented at registration.

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

Overnight (\$475)  Commuter (\$350)

Mail Checks payable to **Z CAMPS** to:

**Z CAMPS**  
P.O. Box 5782  
Wilmington, Delaware 19808-0494

Note: Tuition fee includes a \$100.00 non-refundable deposit (unless camp session is cancelled). There will be NO refunds after June 14, 2009

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