

LOCK HAVEN GIRL'S LACROSSE CAMP

Our Mission

The LHU Women's Lacrosse staff believes it is best learning in an environment that is fun and competitive. We have founded our collegiate program on those beliefs and although we work hard, we design drills and workouts around fun, yet competitive games. We believe that learning and mastering a skill happens when you are enjoying what you are doing. Our camp is designed to have one coach and one counselor per every 12-18 athletes. The curriculum will revolve around skills in the morning session, team offense, defense, and midfield in the afternoon, and game play in the evenings.

You gotta get to THE HAVEN!



Camp Highlights

- Individual Player evaluations
- Top notch coaching which include collegiate coaches from DI, DII, and DIII
- Access to the pool
- Individual and Team Awards
- Movies and recreation room available
- Camp store with discounted lacrosse equipment and apparel
- Goalkeeping school
- Delicious buffet style meals in our on-campus dining facility offering many varieties including vegetarian
- Ages 10-18 or 6th through 12th graders accepted
- College level curriculum

**All Levels
All Ages
August 1-4, 2010**

Phone: (570) 484 – 2571

Fax: (570) 484 – 2414

Website: www.lhup.edu

LHU Coaching Staff



Kristen Selvage
Head Lacrosse Coach

In her eight seasons at Lock Haven, Head Coach Kristen Selvage has guided her team to the NCAA final four 3 times finishing as a runner up in 2009 and as semifinalists in 2007 & 2005. She has also taken the Lady Eagles to five PSAC Championships, a 2009 Champion,

three times a Runner-up and one time a semifinalist. Coach Selvage has graduated 14 DII IWLCA/US Lacrosse All-Americans, 21 DII IWLCA/US Lacrosse All Region Athletes, and 24 All-PSAC selections. Selvage also takes pride in having graduated Jessica Blickenstaff, the DII Midfielder of the Year in 2007 and 2008 and Katie Zichelli the 2009 D2 Defender of the Year. She has a coaching record of 103-45 at LHU.

As a three-time PSAC Coach of the Year, Selvage hopes that her eight years of experience and dedication will continue to yield successful teams and student-athletes.

Email: kselvage@lhup.edu

Shannon Houck
Assistant Lacrosse Coach

Shannon was a standout defender for the Lock Haven Lady Eagles garnishing All-PSAC and All-Region honors during her tenure as a lacrosse athlete at LHU. Originally from Boyertown, PA, Shannon specializes in Weight training and conditioning, in addition to running the defense.

Shannon was awarded the IWLCA D2 Assistant Coach of the Year Award for her efforts that contributed to the 2009 NCAA D2 Runner-up season.

Email: shouck@lhup.edu



LADY EAGLES LACROSSE

<http://www.lhup.edu/sports/havensports/athleticsTeams/womensLacrosse/>



Jessica Blickenstaff

Liability Release

Must be filled out to compete at camp.

I, the undersigned, individually and as a parent/guardian of _____ (camper) a minor, ask that he/she is admitted to participate in the sports clinic sponsored by the Lock Haven University Foundation. I do hereby agree release, discharge, and hold harmless Lock Haven University, Lock Haven University Foundation, their owners, agents, and employees of and from all causes, liabilities, damages, claims or demands whatsoever on account of any injury or accident involving the said minor arising out of the minor's attendance at the sport clinic or in the course of competition and/or activities held in connection with the sports clinic. I also give my permission for my child's photograph to appear in promotional material regarding future clinics.

Parent/Guardian Signature:

This form may be duplicated. Additional applications may be obtained by writing to the above address.

Camp Registration

Name: _____

Address: _____

City: _____ State: _____ Zip _____

Email address: _____

Home Phone(____) _____

Parent/Guardian Work Phone:(____) _____

Birthdate: _____ Age: _____

School: _____

Coach's Name: _____

Position: _____

Total Camp Cost.....\$395.00

Discount (If Applicable).....-\$ _____

Amount Enclosed.....\$ _____

Amount Due.....\$ _____

Mail application and check payable to for prepayment:

LHUF Lacrosse Camp
228 C Thomas Fieldhouse
Lock Haven University
Lock Haven PA, 17745.