

Camp Philosophy

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 clinic is designed to have one coach and one counselor per ever 12-18 athletes.

The curriculum will revolve around skills in the morning session, team offense, defense, and midfield in the afternoon, and includes game



Jenna Richter

2 x All American Midfielder

Clinic HIGHLIGHTS

- Individual Player evaluations
- Collegiate Coaches and Players coaching each drill session
- Individual and Team Awards
- GOALKEEPING school
- 6th-12th graders accepted or ages 10-18
- College level curriculum
- Beginners welcome
- Experts Welcome
- Facilities to accommodate all weather

Saturday 9 am-12 noon 1-4 pm

Sunday 8 am-10 am / 11 am—2 pm

**KSELVAGE@LHUP.DU
SHOUCK@LHUP.EDU**

**Lock Haven
Girl's Lacrosse
Clinic
Feb. 6-7th
@ New Oxford**

Saturday 9 am-12 noon 1-4 pm

Sunday 8 am-10 am / 11 am—2 pm

All levels

All Ages

Ages 10-18



**Phone: 570.484.2571
Fax: 570.484.2414**

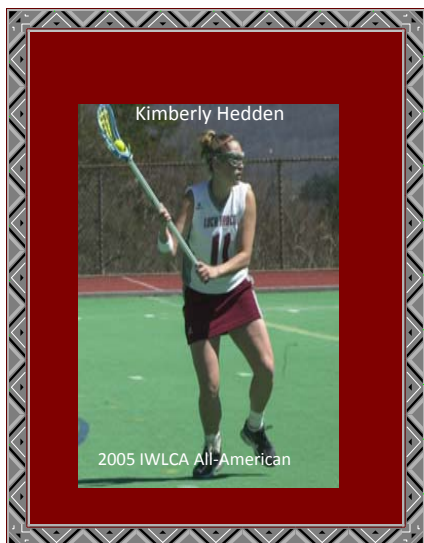
Liability Release

Must be filled out to compete at camp.

Liability Release; 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's Work Phone:(____) _____

Birthdate: _____ Age: _____

School: _____

Coach's Name: _____

Position: _____

Total Clinic Cost.....\$90.00 V

Amount Enclosed\$ _____

Mail application and check payable to for prepayment:

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

ONLINE Access

Please use our ONLINE registration for convenience.

You can find us at:

<http://www.lhup.edu/lacrosse/LHU%20Lacrosse%20Clinic%20Page.htm>

Or visit:

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

And click on our camps/clinics link.

LHU Coaching Staff

Kristen Selvage

Head Lacrosse Coach

Lock Haven University



In her eight seasons at Lock Haven, Head Coach Kristen Selvage has guided her team to two appearances in the DII NCAA Final Four finishing as a semifinalist each time. She has also taken the Lady Eagles to four PSAC Championships, three times a Runner-up and one time a semifinalist. Coach Selvage has graduated 14 DII IWLC/US Lacrosse All Americans, 19 DII IWLC/ US Lacrosse All Region Athletes, and 24 All-PSAC selections. Selvage also takes pride in having graduated Jessica Blickenstaff, the 2x DII Midfielder of the Year in 2007 and 2008, as well as the 2009 defender of the Year, Katie Zichelli. She has a coaching record 103-44 at LHU. As a three time PSAC Coach of the Year and 2009 Regional Coach of the Year, Selvage hopes that her eight years of experience and dedication will win them a National Championship this season.

Shannon Houck

Assistant Lacrosse Coach

Lock Haven University



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. In her second season as the Lady Eagles Lacrosse coach, Shannon and Coach Selvage are ready to take this lacrosse team to the next level, an NCAA Championship game.