



Trabuco Hills High School Boys Lacrosse Summer Program 2010

Session 1

All Returning, New and Incoming Freshman

Days & Time: M - Thur. 4:30-7:30pm

Dates: July 26-29

Place: THHS Stadium

Cost: \$170.00 (includes Entry for Team Camp- Session 2)

Session 2

All Returning, New and Incoming Freshman

Days & Time: M-Thur. 4:30-7:30 PM

Dates: August 9-12

Place: THHS Stadium

Cost: \$170.00

Session 1 of the summer program is for incoming freshman, players new to the program of any grade level and returning freshmen players (2010-2011 Sophomores). Camp will focus on: stick skills, dodging, passing, catching, team offense/defense, shooting, checks, clears, and goaltending. Note if you son is not sure about lacrosse and would like to see if it is for him you can pay \$100.00. Registration and total payment of \$170.00 for Session 1 qualifies for attendance of Session 2 at no additional charge.

Session 2 will cover the skills listed above and is HIGHLY RECOMMENDED, serving as the first session of team tryouts for all returning and incoming players.

-- How To Register --

1. Mail the completed registration form (see page 2) with registration payment's in the amount of \$70.00 payable to 'SVUSD' and \$100.00 payable to 'Mike Taniguchi' to: M Taniguchi 8 Casa Verde Foothill Ranch, CA 92610 to arrive no later than June 30, 2010. Registration will be accepted on the first day of camp however we encourage participants to register in advance. Sports screening forms are due along with a copy of your registration on the first day of camp.

2. Completed sports screening prior to participating. Sports screening details are listed on page 2. *Players may not participate without completed physical screening form.

3. Arrive on the first day with your registration, sports screening form and full gear.

Contact Head Coach Brendan Finnerty for more information:

Check information @ <http://www.mustanlax.com>

or send email to Off-Season Coordination team:

mustanlax@gmail.com



REGISTRATION:

PLAYER NAME: _____ INCOMING GRADE: _____

PLAYER EMAIL: _____

PARENT NAME: _____ PHONE: _____

PARENT EMAIL: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

SPORTS SCREENING COMPLETE: **Y / N**
Attach a copy of completed screening certificate

CHECK NO. _____
Check for \$70.00 payable to 'SVUSD'
Check for \$100.00 payable to 'Mike Taniguchi'

All athletes must have a current physical screening on file in the Athletic Office prior to participation in any Sport

Sports Physicals \$50



OC Sports and Wellness
Will donate
\$25 back to
Trabuco Hills Athletics!



No appointment necessary – Walk-Ins Welcome!!

OC Sports and Wellness
26700 Towne Center Dr. Suite 100
Foothill Ranch, CA 92610

949.460.9111

Hours:

Monday through Friday 8am - 7pm
Saturday 9am - 3pm



Sports Screening Physical Forms available @ Dr's office or
Download at www.trabucohills.org and click on "athletics"