

## Foothills Lacrosse Camp 2018 Application

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Zip \_\_\_\_\_

Home Ph# \_\_\_\_\_

Cell Ph# \_\_\_\_\_

Email \_\_\_\_\_

DOB \_\_\_\_\_ Grade entering \_\_\_\_\_

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

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

Position \_\_\_\_\_

### Payment Options

Day Camp-A \$50 non-refundable deposit must accompany this application!

I will bring lunch \_\_\_\_\_ \$225

I will buy Lunch \_\_\_\_\_ (\$35 for the week) \$260

Family Discount (\$50 off second camper) \_\_\_\_\_

Check or Money order to: Foothills Lacrosse Camp LLC

Total enclosed \$ \_\_\_\_\_

\_\_\_\_\_ Day Camp (Grades 1-12) June 25-28

Please fill out the following insurance information

Insurance co. \_\_\_\_\_

Policy # \_\_\_\_\_

Physician's Name \_\_\_\_\_

Physician's Ph. # \_\_\_\_\_

Parent's Signature \_\_\_\_\_

## Foothills Lacrosse LLC

Greg Paradine  
354 41st Ave. PINW  
Hickory, NC 28601

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e-mail greg.paradine@r.edu

## Foothills Lacrosse Camp @ Lenoir-Rhyne University



2018  
Day Camp  
June 25-28

### Camp Mission Statement

*Foothills Lacrosse is committed to teaching the basic fundamentals of lacrosse and to promote the love and spirit of the game to boys between the ages of 7 and 17.*

*This will allow for growth in the individual as well as the game itself. These basics will be grounded in the philosophy of playing hard, playing smart, and playing together.*

*Our goal is to teach the game with energy, excitement, intensity, and passion, stressing fundamentally sound and smart lacrosse benefiting players of all skill levels.*

**foothillslax.com**

## Camp Director



**Foothills Lacrosse  
Director  
Greg Paradine**

Coach Paradine is the Director of Lacrosse and head men's lacrosse coach at Lenoir-Rhyne University. Paradine came to LR after serving as an assistant coach at the University of North Carolina from 2002-2009

Coach Paradine also served as the defensive coordinator for Major League Lacrosse's Charlotte Hounds during the summer of 2013.

Under Paradine's defensive tutelage, the Charlotte Hounds made it all the way to the MLL Championship game in only the second year of the franchise.

Paradine, who graduated from North Carolina in December of 1993 with a bachelor's degree in geography, was a four-year letter-winner from 1990-93. He played on four Atlantic Coast Conference Championship Teams and four NCAA Tournament squads. In addition, Paradine was part of the 1991 NCAA National Championship squad, 1993 national 1992 finalists and 1990 and 1992 semifinalists.

Paradine was a first-team All-American in 1993 and an honorable mention All-American in 1992.



## Camp Objectives

Campers will be divided by age and experience so that instruction can be personalized at all levels and geared towards improving all facets of the game. Under the direction of our expert staff, campers will gain an appreciation of the game and improve their individual skills. Each camper will learn from some of the best coaches and players in the game.

### Attack :

Learn how to turn the corner and score! Learn offensive tactics such as dodging, footwork, feeding, shooting and setting up your defender.

### Midfield:

Learn how to become the best all around player possible. From offense to defense, to dodging, shooting and feeding, middies will learn it all at Foothills Lacrosse Camp!

### Defense:

Learn how to dominate the opposition! Footwork, positioning and cutting edge checks will be taught so that you can dominate your competition.

### Goalies:

The last line of defense! Learn how to make the big saves and generate offense with pinpoint outlet passes. Goalies will also learn how to take over a defense and be the 'QB' out on the field.

### Staff:

Current LR coaching staff

Current and former LR lacrosse players

## Daily Schedule:

9:00 am Drop off at Moretz Stadium

9:15-11:45 Morning Session

12:00-12:45 Lunch @ Cromer Center

1:00-2:55 Afternoon session

3:00- Pick up at Moretz Stadium



## Camp Information

### Day Camp:

June 25-28 from 9am to 3 pm

Boys 7-17

Cost \$225 w/out lunch

\$260 L-R Providing Lunch

### Facilities:

The Lenoir-Rhyne campus offers the perfect setting for a unique camp experience. Camp will be held in Moretz Stadium on our new field turf field.

### Equipment:

Campers must provide ALL their own equipment for each session of camp. Helmet, gloves, shoulder pads, stick, arm pads and mouthpiece. Players will also need cleats for grass practice fields.

## How To Enroll:

Space is limited so enroll now! Complete the registration form and submit it with the correct deposit amount (make your check or money order out to Foothills Lacrosse) The deposit is NON refundable! E-Confirmation will be sent upon receipt of your application and deposit. Refunds ( less the deposit) for the balance of the camp tuition will be issued in the event of a personal or medical emergency.

Send Check to: Foothills Lacrosse LLC  
354 41st Ave PI NW  
Hickory, NC 28601