



# Lady Horses:



## Be an ATHLETE Camp

This camp is designed to introduce girls to some of the various sports offerings at Schuylerville, as well as enhance skill development. The camp is designed to promote the idea of being a multi-sport athlete and multi-directional speed development.

Specific instruction will be offered in field hockey, basketball and lacrosse. Additional instruction will include running mechanics, speed and agility development and exercises that are geared toward injury prevention.

Coach Lloyd– Varsity Field Hockey, Varsity Girls Lacrosse, Certified Speed and Agility Coach

Coach Mehan– Varsity Girls Basketball, Varsity Volleyball

Coach LaBombard– Varsity Indoor/Outdoor Track, Certified Speed and Agility Coach, EXOS Performance Specialist



**Who: Girls going into Grades 3-8**

**When: 9am-Noon; June 25– June 28, 2018 (M-Th)**

**Where: SCS Turf, MS gym**

**Cost: \$75 (includes a Pinnie for all athletes)**

***Make checks payable to: Jason Mehan***

**Equipment will be provided**

*Payments/Slips can also be mailed to:*

*Jason Mehan*

*91 Meehan Road*

*Mechanicville, NY 12118*

***\* a confirmation email will be sent when your registration has been received***

Return Slip and Check to the Elementary or Middle School Main Office by June 1st, 2018

\_\_\_\_\_  
(Athlete's Name)

\_\_\_\_\_  
(Grade Going into)

Check all sports they are interested in:  Field Hockey  Basketball  Lacrosse  Track

Pinnie Size:  YM  YL  S  M  L  XL

I give my daughter permission to attend the Lady Horses: Be an Athlete Camp June 25-28, 2018

\_\_\_\_\_  
(Parent Signature)

\_\_\_\_\_  
(phone #)

\_\_\_\_\_  
(e-mail address)