

## DIRECTOR'S & STAFF



**George McCormack**  
Head Men's Lacrosse Coach, Williams College

Currently Head Coach of the Williams College Men's Lacrosse team, George McCormack has also coached at Union, Norwich, Boston College and Ithaca. Coach McCormack was named Coach of the Year after winning the NESCAC Championship and advancing to the second round of the NCAA playoffs



**Jeff Stripp**  
Head Lacrosse Coach, Mt. Greylock High School

Jeff is a former two-time All American at Williams College. He has been coaching lacrosse ever since as Head Coach at Staples High School, Assistant Coach at Williams and currently as Head Coach at Mt. Greylock High School.

Our qualified staff also includes other college and high school coaches as well as current and former Division I and III players. Our staff prides itself on being enthusiastic, motivated and encouraging to all athletes at all skill levels. We want all of our players to walk away with better individual fundamentals and a better understanding of how the team game should be played.

Whether you are a first time lacrosse player or a seasoned athlete, our staff is ready to develop each campers' potential both on and off the field and foster a true sense of enjoyment for the sport of lacrosse.

## CAMP HIGHLIGHTS

Some of the benefits of attending the Berkshire County All-American Lacrosse Clinics include:

- **8:1 player to coach ratio**
- **Daily position specific extra help sessions**
- **Games and competitive situations daily**
- **Mini-clinics on strength & quickness, college recruiting and more**
- **Lacrosse specific testing/combine. Receive a personal evaluation in our lacrosse exercises and tests**
- **Top-flight safety and medical supervision**
- **Awards at each age and skill level**
- **Daily raffles, giveaways and prizes**
- **All athletes will receive a ton of cool gear**
- **Camp store on premises loaded with refreshments, energy bars and snacks**



## 2009 REGISTRATION FORM

### **Berkshire County Lacrosse Clinic**

Tuesday June 23, 2009 through Friday June 26, 2009  
Location: Renzie Lamb Field, Williams College

#### **Two Sessions:**

**Day Camp: 9:00-4:00PM / Cost: \$325.00**

**Evening Camp: 5:00-8:00PM / Cost: \$275.00**

Please fill out and mail to:

**Berkshire County Sports Clinics**  
**228 Main Street, Suite 406**  
**Williamstown, MA 01267**  
OR

Register on-line at:

[www.berkshirecountylacrossecamp.com](http://www.berkshirecountylacrossecamp.com)

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Name: \_\_\_\_\_

Address: \_\_\_\_\_

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

Zip: \_\_\_\_\_ School: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

A non-refundable \$50 deposit is due with the application. The remaining balance must be paid by June 15, 2009

**Reserve your spot today!**

Pay by credit card:

Type of Card (circle one): MC, VISA, AMEX

Name on Card: \_\_\_\_\_

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

## PHILOSOPHY

Our lacrosse clinics are designed to be fun, educational programs as much as they are lacrosse camps. We help shape youth lacrosse players by focusing on developing the complete athlete. We follow a teaching progression that works to build a strong foundation in the following areas:

### Lacrosse Fundamentals

Each camper will experience instruction, drills and demonstrations in: passing/catching, cradling, shooting, ground balls, defense, fast breaks, dodging, stick skills, offense, clears, face-offs, wing play, man up, man down and more. These skills will be reinforced through individual stations as well as team settings.

### Speed & Quickness

During the week, campers will be exposed to drills and skills designed to help each athlete understand the importance of flexibility, speed, agility, balance, footwork, and strength training in the game of lacrosse.

### Mental Toughness

This is an unknown factor to many young athletes but critical to taking your game to the next level. Campers will be exposed to the basic concepts of "mental toughness" and training through a variety of exercises, demonstrations and techniques used at the college level today.

### Leadership Skills

Leadership is an important concept for young athletes to understand. Being a leader on and off the field is as important as learning how to shoot. Campers will be exposed to exercises that focus on camaraderie, sportsmanship and teamwork.

## A TYPICAL DAY AT CAMP

- 8:30-9:00 - Athletes arrive at Williams
- 9:00-9:15 - Camp Meeting & Warm up
- 9:15-9:45 – Positional Skills
- 9:45-10:15 – Quickness & Agility Drills
- 10:15-11:00 – Offensive Concepts
- 11:00-12:00 – Defensive Concepts
- 12:00-1:30 – Lunch/Pool/Downtime
- 1:30- 2:00 - Speed/Directional Workout
- 2:00-2:30 – Shooting & Dodging
- 2:30-3:00 – Strength & Core Workout
- 3:00-4:00 – Competitive Games

### Register Early!

Space is limited to the first 100 athletes. Register early and save \$25.00. Early registration deadline is May 15, 2009.



**For questions, special needs or additional registration brochures please contact:**

Jeff Stripp, Director – Phone: 413-441-7419  
Or Email: [jeff@berkshirecountylacrossecamp.com](mailto:jeff@berkshirecountylacrossecamp.com)

## Berkshire County All-American Lacrosse Camp

June 23-June 26, 2009



**“Expert Instruction For The  
Beginner and Experienced Player”**

For Athletes Ages 7-18  
Day Session: 9:00AM – 4:00PM  
Evening Session: 5:00PM-8:00PM

George McCormack, Camp Director  
Jeff Stripp, Camp Director