



AMONTE SPORTS

GIRLS LACROSSE CAMPS & SCHOOLS 2009



WORK WITH KELLY AMONTE HILLER, HEAD COACH OF THE FOUR TIME NATIONAL CHAMPIONSHIP NORTHWESTERN LACROSSE TEAM!

SEVEN CAMPS IN THREE GREAT LOCATIONS

Northwestern University, Evanston, IL
Milton Academy, Milton, MA
Green Vale School, Glen Head, NY

Each location features a goalie school with director Alexis Venechanos



AMONTE SPORTS

P.O. Box 5366
Evanston, IL 60204

Enroll online at:
amontesports.com



Enroll online at www.amontesports.com

Name: _____ Year of HS Grad: _____ DOB: _____
 Email (required): _____ Parent's email (required): _____
 Primary phone: _____ Player cell phone: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Roommate request (please have roommate request you too) _____
 Years of experience: Varsity: _____ JV: _____ Middle school: _____ Youth: _____
 School: _____ Coach: _____ Coach's email: _____
 Club team: _____ Coach: _____ Coach's email: _____
 Circle one: 1 2 3 4 5 6 (level of play compared to others in your age group with 6 the strongest)
 Please list friends or teammates of a similar playing level attending camp who you think you should be grouped with: _____
 Camper's Health Insurance Company _____ Policy No. _____

A non-refundable deposit of \$150 is required by June 2, 2009. After June 2, please call for availability. Please make checks payable to: Amonte Sports and send completed application and check to: Amonte Sports, P.O. Box 5366, Evanston, IL 60204. Family discount: 10% off the normal rate for each additional immediate family member. Upon receipt of the deposit, we will send you a confirmation packet with complete camp details.

PLEASE REVIEW COMPLETE CANCELLATION POLICY-AND OPTIONAL CANCELLATION INSURANCE-DESCRIBED ON THE REVERSE SIDE OF THIS BROCHURE. NOTE THAT CANCELLATION INSURANCE MUST BE PAID UPON INITIAL CAMP DEPOSIT/PAYMENT. If you would like to pay online, please register at: www.amontesports.com

Check the box or boxes for the sessions you want to attend. Enroll online at: www.amontesports.com

- Northwestern Black Camp**
July 26-28, 2009; \$500 Overnight; \$400 Commuter
 - Northwestern Black Goalie Camp**
July 26-28, 2009; \$550 Overnight; \$450 Commuter
 - Northwestern Purple Camp**
July 29-July 2, 2009; \$520 overnight; \$420 commuter
 - Northwestern Purple Goalie Camp**
July 29-July 2, 2009; \$570 Overnight; \$470 Commuter
-
- Milton Black School**
July 14-16, 2009; \$500 Overnight; \$400 Commuter
 - Milton Black Goalie School**
July 14-16, 2009; \$550 Overnight; \$450 Commuter
 - Milton Silver School**
July 20-23, 2009; \$510 Overnight; \$410 Commuter
 - Milton Silver Goalie School**
July 20-23, 2009; \$560 Overnight; \$460 Commuter
 - Milton Youth School**
July 20-23, 2009; \$230
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- Green Vale Youth Skills Camp**
July 27-30, 2009; \$265
 - Green Vale High School Skills Camp**
July 27-30, 2009; \$240
 - Green Vale Goalie Skills Camp**
July 27-30, 2009; \$315

Check Box To Select \$35 Cancellation Insurance
See reverse side for cancellation insurance details.

Overnight Commuter

AMONTE SPORTS
P.O. Box 5366
Evanston, IL 60204

tel: 1-877-Y-AMONTE (toll free)
fax: (847) 556-6453
email: agersuk@womenslax.com
web site: www.amontesports.com

WELCOME TO AMONTE SPORTS LACROSSE CAMPS

Kelly Amonte Hiller, one of the top lacrosse players and coaches in the world, has developed the premiere teaching camp for girls lacrosse players of all ages. Kelly's success as a player and coach is the result of her commitment, hard work, innovation, and positive approach to the sport of lacrosse. Kelly founded Amonte Sports to provide girls with the opportunity to learn these principles from coaches and players who they respect and admire.

TRAIN WITH CHAMPIONS

As a college coach, Kelly is famous for her ability to transform good athletes into great lacrosse players through the teaching of skills with her positive philosophy. Four Straight NCAA Division I Championships in 2005, 2006, 2007, and 2008 for Northwestern University speak volumes for Kelly and her ability to teach and inspire. Each year, Kelly and the Amonte Sports staff teach campers and future stars the skills to become top players at the collegiate level and beyond. Unlike other camps, Kelly prides herself as a hands-on teacher, develops all lesson plans and makes a concerted effort to get to know each and every camper. She has discovered, and will continue to discover, many future stars at her camps. Kelly's goal is a simple one: to have each camper leave camp with a greater love for the sport of lacrosse and more confidence in her ability. Within each camp, girls are grouped based on a variety of factors such as experience level, age and school/club teammates.



A TYPICAL DAY @ CAMP

While there are subtle differences between camps, the following description provides a glimpse into the Amonte Sports lacrosse curriculum. Morning sessions focus on individual skills and small space techniques (offensive moves, one-on-one defense, scoring, feeding, off ball movement, conditioning techniques and more). After lunch, team concepts are introduced and reinforced (double teams, team offense, team defense, fast breaks and team play). Evening sessions include full-field play and emphasize team interaction and learning. Nightly camper/counselor challenges provide ample opportunity for campers to play against some of the world's best. All our camps feature demonstrations/sessions on the latest stick work and drills that campers can continue at home long after camp is over.



Camper to counselor ratio is 7:1 except for goalie schools where it is 4:1.

ALEXIS VENECHANOS GOALIE TRAINING

Alexis Venechanos Goalie training provides an intensive, individualized program for aspiring goalies. Goalie and field player instruction run simultaneously which provides ample opportunity for goalies to be integrated into team and game situations. Individual concepts include: eight-meter situations, reactions, angles, stick work, movement outside the cage and crease rolls. Team concepts covered are: communication, directing the defense, clearing, person-down situations and full field play focusing on team interaction and learning. Mental and focusing exercises provide peak performance training for goalies of all ages. Each camper receives a journal of drills and concepts to take home and is taught how to string a goalie stick.

MEET THE DIRECTORS

Kelly Amonte Hiller: Head Coach Northwestern University

- 4-time NCAA Champion Northwestern
- Maryland Hall of Fame Inductee
- 4-time All-American at the University of Maryland
- 2-time NCAA lacrosse Champion/World Cup Champion
- 2005 & 2008 IWLLCA Coach-of-the-Year

Alexis Venechanos: Head Coach University of Massachusetts

- First team All-American at University of Maryland
- 2-time NCAA lacrosse Champion
- 2003 National Goalie-of-the-Year

Lindsey Munday: Assistant Coach Northwestern University

- 2-time NCAA lacrosse Champion at Northwestern University
- 2-time first team All-American
- US National Elite Team Member

Ann Elliott: Assistant Coach Northwestern University,

- 3-time NCAA National Champion at Northwestern University
- All-American

Additional Camp Staff:

Angela McMahon: Head Coach at University of Connecticut

Sarah Albrecht: Assistant Coach Harvard, All-American, 2-time National Champion Northwestern, US National Elite Team Member

Acacia Walker: Associate Head Coach University of Massachusetts, 3-time All-American Maryland, U-19 World Champion, US National Elite Team Member

Kristen Kjellman: 3-time National Champion, 4-time All-American Northwestern, 2006 & 2007 Tewaaron Trophy Winner, US National Elite Team Member

Hannah Nielsen: 3-time National Champion and All-American Northwestern, Australian World Cup Champion, 2008 Tewaaron Trophy Winner

Meredith Frank: 3-time National Champion and All-American Northwestern,

Christy Finch: 4-time National Champion, 2-time All-American Northwestern,

Hilary Bowen: 3-time National Champion & 2-time NCAA MVP Northwestern

Morgan Lathrop: 3-time National Champion & Goalie of the Year Northwestern

Jason Pullara: Strength and Conditioning Coach Northwestern University

*Many other college coaches/players.

*Please note that camp staff varies from camp to camp.



CAMP DETAILS

Camp Key:

- **PURPLE CAMP** – Our premier and most intense camp.
- **BLACK CAMPS** – Also intense, but not quite as intense as the Purple camp.
- **SILVER CAMPS** – Offer younger players the opportunity to expand their lacrosse horizons, and older the players to specialize on areas which may need improvement.
- **YOUTH CAMPS** – Provide younger players with the opportunity to learn from the best.
- **SKILL CAMPS** – Strong focus on stickwork and shooting.

NU Black Camp: June 26-28, 2009

- Overnight: \$500; Commuter: \$400
 - Goalie Overnight: \$550; Commuter: \$450
 - Grades 6-Rising College freshmen.
- Our Black camps provide an intense camp experience. There is a strong emphasis on mastering advanced stickwork/concepts and applying them in game situations.

NU Purple Camp: June 29-July 2, 2009

- Overnight: \$520; Commuter: \$420
- Goalie: Overnight: \$570; Commuter: \$470
- Grades 9-Rising College freshmen. This is our premier and most intense camp. Purple camp will offer the highest level of competition to campers.



Milton Black School: July 14-16, 2009

- Overnight: \$500; Commuter: \$400
- Goalie Overnight: \$550; Goalie Commuter: \$450
- Grades 6-Rising College Freshmen. Our Black camps provide an intense camp experience. There is a strong emphasis on mastering advanced stickwork/concepts and applying them in game situations.

Milton Silver School: July 20-23, 2009

- Overnight: \$510; Commuter: \$410
- Goalie Overnight: \$560; Goalie Commuter: \$460
- Grades 6-12: Amonte Sports Silver Schools provide a complete training program for players of all ages. For high school players, this is a good opportunity to get specialized training in areas that need improvement. For younger players, it is an opportunity to expand your lacrosse horizons.

Milton Youth: July 20-23, 2009

- Price: \$230
- Grades K-6: The Amonte Sports Youth Skills Camp will have a strong focus on stickwork and shooting. The goal is to master basic to advanced stickwork.

Green Vale Skills Camps: July 27-30, 2009

- Youth Skills: youth-grade 8: 9AM-12PM; \$265
- High School Skills: 10AM-12PM; \$240
- Goalie Skills: youth & high school: 9AM-12PM; \$315
- The Amonte Sports Skills camps focus only on stickwork and shooting. The goal is to master advanced stickwork and apply it in game situations.



Amonte Sports Cancellation Insurance

For an additional \$35, cancellation insurance can be added to your registration. Our cancellation insurance entitles you to a full cash refund of all camp fees paid to Amonte Sports at the time of cancellation. Note that the \$35 cancellation insurance fee is non-refundable. To receive a full cash refund, you must email Ashley Gersuk (agersuk@womenslax.com) no later than 11:59 pm five days before the start of camp. There will be no exceptions to this deadline. Refund checks will be sent by 9/30/09.

Amonte Sports General Cancellation Policy

If you cancel from camp for any reason you will be charged a \$50 administration fee. You will receive a credit voucher for all monies paid to Amonte Sports, less the \$50 administration fee. The credit voucher is valid towards any Amonte Sports camp/clinic fees through 2010 and transferable to any family member. Cancellations must be made in writing via email to agersuk@womenslax.com. Cash refunds will only be issued with the purchase of Amonte Sports cancellation insurance.