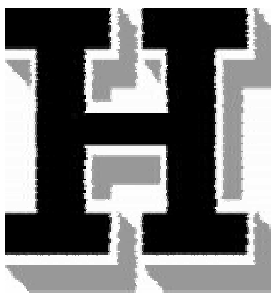




**Hamilton** 198 College Hill Road  
Clinton, New York 13323-9989

## Excel Lacrosse Camp



# HAMILTON Excel Lacrosse Camp

Top Flight Instruction from  
Outstanding Coaches

*Session Dates:*

**July 15 - July 18, 2012**

*For further information, please contact:*

***Scott Barnard***

Hamilton College Athletics  
198 College Hill Road, Clinton, New York 13323-9989  
Telephone: 315-859-4531

Email: [sbarnard@hamilton.edu](mailto:sbarnard@hamilton.edu)  
<http://www.hamilton.edu/summercamps>

***Mike Vorgang***

518-372-3913 • [vorgs5@yahoo.com](mailto:vorgs5@yahoo.com)



# CAMP PROGRAM HIGHLIGHTS

## A Complete Experience

Hamilton Excel Lacrosse Camp is an overnight or day camp for male lacrosse players, ages 9 to 16. Staffed by college and high school coaches and top-level collegiate players, Hamilton Excel Lacrosse Camp offers players the opportunity to learn from the best!

Camp participants are taught the techniques and fundamentals of lacrosse necessary to help them reach the next level of their game. At Hamilton Excel Lacrosse Camp, every athlete is provided with the best instruction in all aspects of the game (team play, face-off, goalie play, shooting, defense, offense, and transition, riding and clearing). This is accomplished through fundamental work of specific position areas at established stations in the morning, transition and fast break work in the afternoon, and games in the evening. Parents and spectators are always welcome.

Our lacrosse camp also features a camp store run by **Breakaway Sports**. The camp store will feature a wide variety of shafts, heads, gloves, helmets, etc.



## Other Features

- Reversible Jersey
- Indoor training available
- Certified Athletic Trainer on duty
- Eight-lane indoor swimming pool
- Brine Lacrosse
- Radar Gun
- Camp Store



## DAILY TRAINING SCHEDULE

8:00 a.m.	Breakfast	2 to 4 p.m.	Group work, buildup drills, game competition
8:30 a.m.	Day Campers arrive		
9 to 11 a.m.	Technical coaching and individual skill instruction	5:00 p.m.	Dinner
12:00 noon	Lunch	6:30 p.m.	Lacrosse Games
1:00 p.m.	Recreation time, swimming, etc.	8:30 p.m.	Recreation - Movies, Pizza, Camp Store
		8:30 p.m.	Day Campers depart
		10:30 p.m.	Lights out

## COST OF THE PROGRAM, REGISTRATION, ARRIVAL / DEPARTURE TIME, TO APPLY

### Cost of the Program

The total cost for the July 15 - July 18, 2012, Hamilton Boys Excel Lacrosse Camp is \$425 for Boarders and \$325 for Non-Boarders. The fee includes use of all facilities, meals (three meals a day for Boarders, two meals for Non-Boarders), sleeping accommodations (for Boarders only), instruction, films, lectures, reversible jersey.

### Registration

The Hamilton Boys Excel Lacrosse Camp will begin with registration from 1:00 p.m. to 3:00 p.m. on Sunday, July 15, 2011. If you are arriving late call 315-430-8611. The first training session will take place Sunday at 3:00 p.m. **Camp will end on Wednesday afternoon, July 20 at 4:00 p.m.** Enrollment is limited - so sign up today!

### Arrival and Departure Time for Non-Boarders

Non-Boarding campers are asked to arrive between 8:30 a.m. and 9:00 a.m. and depart between 8:00 p.m. and 8:30 p.m.

### To Apply

To apply, simply fill out the online application at <http://www.hamilton.edu/summercamps> and submit your payment. You will also need to send us a Parental Permission/Hold Harmless form and a Health form, both of which can also be found on our website.

Mail to: **Scott Barnard, Camp Director**  
Hamilton College Boys Excel Lacrosse Camp  
198 College Hill Road, Clinton, New York 13323-9989

# THE STAFF



## **Scott Barnard, Camp Director**

Scott Barnard is the Head Lacrosse Coach at Hamilton College. He is ready to begin his fourth season with the Continentals, as the first day of practice is only weeks away. They are looking to build off last year where they made great strides when they upset the tenth ranked and undefeated team, Geneseo State. In 2005, Scott coached his Herkimer team a National Championship, the college's ninth overall. In 2003, he was the assistant coach that helped guide the Generals to an undefeated National Championship. As a lacrosse player, Scott was the captain of the 1992 and first undefeated National Championship team. At the University of Delaware, he was a team captain and a First Team All-Conference player.



## **Mike Vorgang, Camp Director**

Mike Vorgang is the head lacrosse for the boy's varsity lacrosse team at Niskayuna High School. Mike is an eight-time Section II champion, and a NY State Finalist. His team has won 12 consecutive division championships. Over the 15 year span of the varsity program, he has produced 19 All-Americans. Mike has been named Section II Coach of the Year 13 times and is currently ranked in the top 40 for career wins in New York State.



**Drew Bezek** is in his first season as an assistant coach with Hamilton College. Most recently in 2011, Bezek was interim head coach for the Vassar College men's lacrosse team. Bezek led Vassar to the first Liberty League win in its 10-year history in the conference. He was voted the Division II defensive player of the year in both 2009 and 2010. Bezek was a three-time first team All-American from 2008 to 2010.

**Todd Kaiser** is currently head lacrosse coach at Potsdam High School. He attended College at Herkimer where he was a First Team All-American and helped guide the Generals to a National Championship in 1995. Todd then transferred to Penn State College on an athletic scholarship and was a two-year starter for the Nittany Lions.

**Jason Gifford** is an assistant coach at Niskayuna High School. He was 2003 Assistant Coach of the Year and a College All-American.

**Guy Calandra** has been Head Coach at Rome Free Academy High School for the past six years. As a player, Guy was an attackman for Team Reebok, winning the Empire Division League Championship.



## THE LOCATION

Hamilton College is located in the Village of Clinton, New York, approximately 10 miles south of Utica and 45 miles east of Syracuse. The attractive campus, located on College Hill overlooking the Oriskany and Mohawk Valleys, features excellent learning and recreational facilities and modern dormitory accommodations. Nearby Utica is located on a main corridor of Amtrak and is provided with excellent passenger train service. Major bus company stops are also in Utica. The College is easily accessible by air, rail, bus and automobile. Boston, New York and Philadelphia are all within a five-hour drive.



### Residence Halls and Dining Facilities

The College provides many different housing options. Rooms range from singles to quads and offer accompanying lounges, recreation areas and kitchenettes. Food service is cafeteria style. Campers choose from a variety of hot entrees, vegetables, a salad bar, desserts and beverages. Unlimited seconds are offered on all items. The food is great and there is plenty of it!

## THE CAMPUS



Chartered in 1812, Hamilton enjoys a national reputation as a highly selective, independent coeducational liberal arts college.

Hamilton's facilities make possible virtually any type of organized athletics. The facilities include a 50,000 square-foot field house, two artificial turf playing field, acres of natural turf fields, outdoor tennis courts, a hockey rink, racquetball and squash courts, a gymnasium, an all-weather outdoor track, a nine-hole golf course, weight rooms and training rooms.



# HAMILTON Excel Lacrosse Camp *For Boys Ages* 9-16

**Go to our website to register online:**

**<http://www.hamilton.edu/summercamps>**

*All Campers must submit a camp health form with current and accurate medical information. You may submit a photocopy of your child's Record of Immunizations (may be obtained from your physician) in lieu of completing the immunization section of the form. The immunization record must include dates. All campers must also submit a Parental Permission/Hold Harmless Agreement. Both forms can be found on the Summer Camps website.*