HAMILTON Excel Lacrosse Camp

Top Flight Instruction from Outstanding Coaches

Session Dates: Sun., July 7 - Wed., July 10, 2019

For further information, please contact:

Scott Barnard
315-859-4531 • sbarnard@hamilton.edu

To register online click on the link below:

REGISTER HERE

Mike Vorgang
518-372-3913 • vorgs5@yahoo.com
CAMP PROGRAM HIGHLIGHTS

A Complete Experience
Hamilton Excel Lacrosse Camp is an overnight or day camp for male lacrosse players, boys entering 4th grade through 10th grade. 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 GRAPH-TEX 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
- Radar Gun
- Camp Store
- Eight-lane indoor swimming pool

DAILY TRAINING SCHEDULE

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:00 a.m.</td>
<td>Breakfast</td>
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<tr>
<td>8:30 a.m.</td>
<td>Day Campers arrive</td>
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<tr>
<td>9 to 11 a.m.</td>
<td>Technical coaching and Individual skill instruction</td>
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<tr>
<td>12:00 noon</td>
<td>Lunch</td>
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<tr>
<td>1:00 p.m.</td>
<td>Recreation, swimming, etc.</td>
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<tr>
<td>2 to 4 p.m.</td>
<td>Group work, buildup drills, game competition</td>
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<tr>
<td>5:00 p.m.</td>
<td>Dinner</td>
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<tr>
<td>6:30 p.m.</td>
<td>Lacrosse Games</td>
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<tr>
<td>8:30 p.m.</td>
<td>Recreation, Movies, Pizza, Camp Store</td>
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<tr>
<td>8:30 p.m.</td>
<td>Day Campers depart</td>
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<tr>
<td>10:30 p.m.</td>
<td>Lights out</td>
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COST OF THE PROGRAM, REGISTRATION, ARRIVAL / DEPARTURE TIME, TO APPLY

Cost of the Program
The total cost for the July 7 - July 10, 2019, Hamilton Boys Excel Lacrosse Camp is $450 for Boarders and $350 for Non-Boarders. **There is an early bird special – you will receive $25 off if registered before April 1, 2019.** 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 2:30 p.m. to 4:00 p.m. on Sunday, July 7, 2018. A welcome meeting will take place on Steuben Field, at 4:15 p.m. on Sunday. If you are arriving late call 315-430-8611. The late registration will be from 6:00 p.m. to 7:00 p.m. Camp will end on Wednesday afternoon, July 10 at 3:00 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 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
Scott Barnard, Camp Director
Barnard is in his 13th year as the head men's lacrosse coach at Hamilton College and has won 70 games. The Continentals have advanced to the NESCAC Championship quarterfinals three times in four years under Barnard. His players have received 28 all-conference honors, including one on the 2015 NESCAC first team, and John Zimmerman '15 was named MVP of the 2015 USILA Division III North/South Senior All-Star Game. Jon Leanos '12 was selected a first team All-American and the NESCAC Player of the Year in 2012. In 2005 Scott coached his Herkimer College team to a National Championship, the college's ninth overall. In 2003 he was the assistant coach that helped guide the Generals to an undefeated season and another National Championship. As a lacrosse player, Scott was the captain of the 1992 and first undefeated National Championship team at Herkimer. At the University of Delaware, he was a team captain and an all-conference first team selection. In 2009 he was inducted in the Jamesville-Dewitt High School Hall of Fame.

Mike Vorgang, Camp Director
He is in his 26th season as the head lacrosse Coach for the boys' varsity lacrosse team at Niskayuna High School. In 2015 Mike guided his team to their first New York State High School Class A Championship by defeating West Genesee 13-10. Mike is also an 14-time Section II champion, and 3-time NY State Finalist. He has coached 40 high school All-Americans, 14 Under Armour All Americans, and over 100 high school All-League players. Mike has received Section II Lacrosse Coach of the Year 19 times and was inducted into the Adirondack Lacrosse Hall of Fame in the Class of 2009.

Cam Stone joined the Hamilton College men's lacrosse coaching staff as an assistant coach in July 2017. He was director of operations for the Hobart College men's lacrosse team during the 2017 season as the Statesmen posted a 9-7 record and advanced to the final of the Northeast Conference championship. Stone served as the men's lacrosse offensive coordinator at Seton Hill University where he was a graduate assistant coach for two years. He helped guide Seton Hill to a combined record of 20-9 and he coached nine all-conference selections and one all-American during those two seasons. In 2015 the Griffins captured their first Eastern College Athletic Conference (ECAC) regular season title and they played in the semifinals of the ECAC Division II tournament. In 2016 Seton Hill ended up eighth in NCAA Division II in extra-man offense and 15th in scoring offense. The Syracuse, N.Y., native played his college lacrosse at Hobart from 2011 to 2014. Stone was a three-year starter and a two-time captain and Crook Family Award winner as the team's most valuable player in 2013 and 2014. He holds the program's Division I record for assists in a career with 85 and is tied for fifth all-time in points with 134. Stone was a three-year varsity letter winner on the powerhouse Jamesville-DeWitt High School boys' lacrosse team from 2008 to 2010. He led all of Section III in assists and was team captain his senior year as Jamesville-DeWitt went undefeated and won a state title. He was voted to the all-Central New York second team in 2009 and 2010. Stone earned his bachelor's degree in political science from Hobart and his master’s degree in sports management from Seton Hill.

Austin Curtis joined the Hamilton College men's lacrosse coaching staff in January 2018. He was a member of the Caulfield Lacrosse Club team in Melbourne, Australia, in 2016 and 2017. Curtis was a three-year starter at Jacksonville University and a team captain as a senior. He made the all-Southern Conference first team in 2015 when he led the Dolphins with 41 ground balls and 22 caused turnovers. He was on the all-Atlantic Sun Conference first team in 2014 after he led the team with 15 caused turnovers. Curtis also made the Metro Atlantic Athletic Conference all-conference first team in 2013. He finished his career second all-time at the school with 56 caused turnovers and tied for sixth with 102 ground balls. The Whitesboro High School graduate was a team captain and an all-Central New York second team selection in 2011. Curtis was a starting defenseman at the 2010 Empire State Games and helped lead his team to a 5-1 record and the silver medal.

Joe Pollicino has been coaching for over 20 years at the college and high school levels. He is currently coaching at Shaker High School as the assistant varsity coach and is working with the Albany Power Program. He has coached in six sectional finals and one sectional championship victory. Over the last six seasons he has coached six high school All-Americans. He played in college at Herkimer County Community College and Butler University.
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 co-educational liberal arts school.

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 entering 4th through 10th grade

athletics.hamilton.edu/information/camps_and_clinics

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. Directions and a link for forms with be emailed following registration.