

Tar Heel Lacrosse Camp

2009 Application

Please fill out one for each participant

Name _____

Address _____

City _____ State _____ Zip _____

Home phone _____

Cell phone _____

Email _____

Date of birth _____ Grade entering _____

Parent/Guardian _____

Parent/Guardian phone _____

School _____ Coach _____

Position (circle one): Attack Midfield Defense Goalie

Roommate requested _____
(2 per room)

Payment Options

A \$200 nonrefundable deposit must accompany this application!

Check or money order to: **Tar Heel Lacrosse Camp**

Camp Fee: \$ _____ Total Enclosed: \$ _____

Please check all appropriate boxes:

Instructional Camp (Grades 7-12) June 30-July 3

Resident \$525 Commuter \$425

Day Camp (Grades 1-6) Aug. 2-5 \$250

Although the Tar Heel Lacrosse Camp is fully insured, most injuries can be covered by the individual's family health insurance. Each camper is required to fill in the following information:

Insurance Company _____

Insurance Policy # _____

Parent's Signature _____

MAIL APPLICATION AND DEPOSIT TO:

Joe Breschi
Tar Heel Lacrosse Camp
P.O. Box 108
Chapel Hill, NC 27514

Registration also available on-line at:
TarHeelLacrosseCamp.com

Joe Breschi
Tar Heel Lacrosse Camp
University of North Carolina
P.O. Box 108
Chapel Hill, NC 27514

North Carolina Tar Heel Lacrosse Camp

Directed by
**UNC Head Coach
Joe Breschi**



2009 Sessions
Instructional Camp: June 30-July 3
Day Camp: Aug. 2-5

TarHeelLacrosseCamp.com



Joe Breschi
UNC Head Coach

Joe Breschi, a 1990 University of North Carolina alumnus, first-team All-America defenseman and former assistant coach for the Tar Heels, became the 12th head men's lacrosse coach in UNC history in June of 2008.

Breschi returned to Chapel Hill from The Ohio State University, where he had been head coach for the past 11 seasons. He was an assistant coach at UNC and Brown for seven seasons prior to his stint in Columbus.

A native of Baltimore, Md., and a 1986 alumnus of the Loyola-Blakefield School, Breschi compiled a 92-63 overall record at OSU along with a 34-18 regular-season Great Western Lacrosse League mark. The Buckeyes shared GWLL regular-season titles in 1999, 2003 and 2008 and won the conference championship outright in 2004. He coached OSU to NCAA Tournament appearances in 2003, 2004 and 2008.

Breschi captained the Tar Heels as a senior, when he was a first-team All-America pick and led the squad to an Atlantic Coast Conference crown. In 2002, he was recognized as one of the 50 best players in ACC history. After graduating from UNC, he spent two years as a Tar Heel assistant, helping coach the team to the 1991 NCAA championship.

Breschi was a member of U.S. National Teams that played in the World Lacrosse Games in 1994 and 1998.

CAMP OBJECTIVES

Campers will be divided by age and experience so that instruction can be personalized at all levels and geared towards improving all facets of the game! Under the direction of our expert staff, campers will gain an appreciation of the game and improve their individual skills. Each camper will learn from the best coaches and players in the game and receive the individual attention that will allow him to develop as a lacrosse player.

ATTACK:

Learn to turn the corner and get to the goal and score! Learn offensive tactics such as dodging, footwork, feeding, shooting and setting up your defender!

MIDFIELD:

Learn to take over the middle of the field by becoming a great two-way midfielder! Learn to be a physical dodger, see the field and distribute the ball, and be an accurate shooter on the run with both hands. It's not how hard, it's where you shoot! Fine tune your face-off skills from basic moves to counters to get your team the ball!

DEFENSE:

Learn the footwork and positioning to dominate your foes! Learn about using body leverage, holds at goal line extended, sliding angles and the most effective places on the field to throw take-away checks.

GOALIE:

Learn how to stop the ball and make the "BIG SAVE" for your team next season! Learn goalie techniques inside the crease to improve your chance for success. Learn to be an effective keeper outside the cage, improving your outlet and clearing the ball with accuracy.



Camp Information

CAMP SESSIONS

Instructional Camp, June 30-July 3, 2009

Entering grades 7-12

Cost: \$525 (resident) and \$425 (Commuter)

Check-in: June 30, 9-11 a.m.; Check-out: July 3, 3 p.m.

Instructional Camp will have 10 field sessions – two on Tuesday, three on Wednesday and Thursday, and two on Friday. All meals are provided by the UNC dining facility beginning with lunch on the first day of camp and ending with lunch on the last day of camp. Resident campers will stay in air-conditioned dorms supervised by the camp staff and certified athletic trainers.

Day Camp, August 2-5, 2009

Entering grades 1-6

Cost: \$250

Day Camp hours will be from 9:00 a.m. to 3:00 p.m. each day

Check-in: August 2, 11:30 a.m.;

Check-out: Aug. 5, noon

Each camper MUST provide their own lunch each day and ALL certified protective lacrosse equipment. Day Camp will have six total field sessions – one on Aug. 2, two on Aug. 3 and 4 and one on Aug. 5.

Daily Schedule

Instructional Camp:

7:30 a.m.: Wake-up
7:45 a.m.: Breakfast
8:30 a.m.: Meet, Morning Session
9-11 a.m.: Morning Field Session
Noon: Lunch
12:30 p.m.: Quiet Time
1:45 p.m.: Meet, Afternoon Session
2-4 p.m.: Afternoon Field Session
5:00 p.m.: Dinner
6:15 p.m.: Meet, Evening Session
6:30-8:30 p.m.: Evening Field Session
9 p.m.: Pizza, Movie, Camp Store

Day Camp:

(Finley Grass Fields)
8:45 a.m.: Check-in
9 a.m.-Noon: Morning Session
12-1 p.m.: Lunch
(Must provide your own)
1-3 p.m.: Afternoon Session
3 p.m.: Check-out

FACILITIES: The Carolina campus offers the perfect setting for a unique instructional lacrosse experience with state-of-the-art athletic facilities, fields (Astro-play, Grass and AstroTurf), a modern air-conditioned dorm for comfort, as well as an all-you-can-eat cafeteria facility.

EQUIPMENT: Campers must provide ALL their own lacrosse protective equipment for each session of camp. Helmet, stick, shoulder pads, arm pads, gloves and mouth piece will be required for every session. No exceptions will be made! Players will want cleats for grass and Astro-play fields and sneakers for AstroTurf surface.

TRANSPORTATION: The Raleigh/Durham Airport is only 20 minutes away from the University of North Carolina campus and the Tar Heel Lacrosse Camp will provide a shuttle service (round-trip) for just \$20. Campers should report to the baggage claim area where they will meet a camp representative for bus/van transportation to the UNC campus. Flights should be booked to arrive between 8-11 a.m. on June 30 and depart between 3-7 p.m. on July 3.

Coaching Staff



Pat Myers
UNC Assistant Coach

Pat Myers is in his first year as assistant coach and offensive coordinator at UNC. He also coordinates the program's recruiting.

Myers came to Chapel Hill after assistant coaching stints at Bucknell, Cornell and his alma mater, Ohio State.

From 2000-03, Myers was a standout lacrosse player at Ohio State, where he was coached by Joe Breschi, now the Tar Heel head coach. He was the Great Western Lacrosse League's Rookie of the Year in 2000 and an all-conference selection in 2002 and 2003.



Greg Paradine
UNC Assistant Coach

Greg Paradine, who earned All-America honors at UNC, is in his seventh season as an assistant coach for the Tar Heels. A 1993 Carolina graduate, Paradine helped UNC to the 1991 NCAA Championship and played on four ACC tournament championship teams.

Paradine was an assistant coach at Ohio State from 1994-95. He served as the head coach at Chapel Hill High School from 1998-2002. He led the Tigers to conference titles in 2000, 2001 and 2002 and was named the conference Coach of the Year in 2001.



Brian Holman
UNC Volunteer Assistant Coach

Brian Holman, a former star lacrosse player at Johns Hopkins, serves as the UNC program's volunteer assistant coach.

Holman was a three-time All-America selection as a goalkeeper at Johns Hopkins and played in four NCAA Championship games for the Blue Jays. He was a volunteer assistant goalie coach and defensive coordinator at Johns Hopkins for seven years, assistant coach at the Boys' Latin School of Maryland for four years and head coach for five years in the Maryland Youth Lacrosse Association. For the past three years, he has been head coach of the Breaker's Club Lacrosse Team in Baltimore, Md.

HOW TO ENROLL:

Space is limited. This camp will sell out, so enroll now! Complete the registration form and submit it with at least a \$200 deposit (make your check or money order out to Tar Heel Lacrosse Camp). The \$200 deposit is NON-Refundable! Confirmation of enrollment will be sent upon receipt of your application and deposit. Refunds (less the \$200 deposit) for the balance of camp tuition will be issued in the event of a personal or medical emergency with proper documentation.

Camp Contact Information:

Brian Holman, Assistant Coach

Email: tarheellaxcamp@gmail.com OR bholman@unca.unc.edu

Phone: 919-843-9672