

Hornet Lacrosse Camp



Holmdel H.S. is a
member of the Shore
Conference.

At Holmdel High School
Holmdel, New Jersey



**Lacrosse Skills Camp for Boys
Entering 8th through 12th Grade
July 26-29th, 2010 5pm-8pm**

ABOUT THE CAMP

The goal of the Hornet Lacrosse Camp is to provide high quality instruction to all participants, regardless of their experience level. We can teach the basics to new players and help experienced players fine-tune their skills. There will be individual and small group skill sessions as well as team play. The camp will be fun, informative and competitive.

ABOUT THE DIRECTOR:

Coach Sal Guastella is the Head Lacrosse Coach at Holmdel H.S. He played High School lacrosse on Long Island at Farmingdale H.S, one of the premier programs in the area. He was a top 10 scorer in D3 for Montclair State University and has been coaching at the youth and High School levels for over 10 years.

Coach Guastella has a solid understanding of basic fundamentals and high level skills and can help lacrosse players of any ability level improve their game.

ABOUT THE INSTRUCTORS:

All our instructors have significant lacrosse coaching experience. Our younger coaches will be current or recently graduated college players. Many instructors will be current HS level coaches from the Shore Conference and certified youth coaches chosen for the ability to teach the game effectively.



LOCATION: Holmdel H.S. Holmdel, N.J.

DATE and TIME: July 26-29, 5:00pm-8:00pm

AGES: Boys entering 8th-12th grade

COST: \$135.00 **Payable to:**
Holmdel Boys Lacrosse
Add \$10 to fee if received after May 29

Mail to: Holmdel HS Boys Lacrosse
36 Crawfords Corner Rd. Holmdel NJ
07733 Attn: Coach Guastella

CAMPERS MUST BRING THEIR OWN:

- Lacrosse Stick Arm Pads
- Helmet Shoulder Pads
- Water Bottle Cleats
- Gloves Mouth Guard
- Athletic Supporter and cup

WATER JUGS WILL BE PROVIDED

There will be guest speakers and skill competitions.

Campers Name _____

Address _____

Phone _____

Email _____

Grade _____

Emergency Contact Name+Number _____

WAIVER

I understand that my participation in Holmdel Sports Camps is voluntary. I also understand that while every effort is made by the staff to protect the safety of the participants, the District assumes no responsibility for any injuries or accidents that may occur. Each individual is participating at his or her own risk and by signing this document agrees to release the District from any and all liability in respect to any injury or accident that may occur at the facilities.

Parent or Guardian Print and Sign

Name _____

Signature _____

Coach Guastella is also involved in several other lacrosse related activities. He will be coaching an elite boys H.S. travel team this summer for a new organization called **360 Lacrosse.**

He also provides small group lacrosse training during the off-season through his **Hooplax Training Company.**

Please feel free to contact him with any questions you might have regarding the camp or other lacrosse related issues at 732-241-1914 or by email: guastella@comcast.net