

**deBeer**  
LACROSSE



**Jacksonville University Women's Lacrosse Winter Camp**



**High School Camp  
Jacksonville, Florida**

- \* Hosted on JU's Pristine Athletic Fields
  - \* Last Chance for 2009's to Get Noticed
  - \* Great Opportunity for freshmen, sophomores, and juniors to begin the college education process
  - \* A proven lacrosse system of development
  - \* Low student-coach ratios
  - \* Division I, II and III Coaches and Elite Instruction
- Featuring Advanced Goalie School!**

**Limited to First 100 Campers!**

**January 2nd-4th, 2009**



**LACROSSE \* SUN \* COMPETITION**

**JU Lacrosse Women's Lacrosse Winter Camp is a Challenging HIGH SCHOOL Camp!**



Enroll at:  
[www.julacrosse.com](http://www.julacrosse.com)

MCCSports, Inc.  
Jacksonville University LacrosseCamp  
2220 County Road 210 W  
Suite 108, PMB #301  
St. Johns, FL 32259

to reserve your spot, mail applications and check to:  
MCC SPORTS, INC. attn: JU Lacrosse Camp  
2220 COUNTY ROAD 210 W  
SUITE 108, PMB#301  
St. Johns, FL. 32259  
Make checks payable to MCC SPORTS  
OR Register Online at [debeerlacrosseamps.com](http://debeerlacrosseamps.com)

**Waiver of Liability**

The undersigned, being a parent or legal guardian of this camper, understands and accepts that injury is possible while playing the sport of lacrosse. I authorize the directors to act for me according to their best judgement in any emergency requiring medical attention. Anyone associated with MCCSports, Inc. will not assume campers' medical or dental expenses incurred as a result of participation in this camp. I certify that my child has a current physical and is free of mental and physical defect that would otherwise prohibit her from participation in athletic activities. I agree to hold harmless MCCSports, Inc. and anyone associated with JU Lacrosse Camps.

**deBeer Jacksonville University Women's Lacrosse Camp**

Check all that apply (do not staple registration form to check)  
 JU Overnight Girl's Lacrosse Camp, January 2-4 \$450.00  
 JU Commuter Girl's Lacrosse Camp, January 2-4 \$350.00  
*Deposit is due by December 1st (\$225 Overnight/\$125 Commuter)*  
*All deposits are NON-REFUNDABLE*

*Final Balance is due by December 15th. \* No Final Balance Refunds within 10-days of camp*

**PLEASE PRINT CLEARLY**

Name: \_\_\_\_\_  
Street: \_\_\_\_\_  
City, State: \_\_\_\_\_  
Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
Your email: \_\_\_\_\_  
Parent email: \_\_\_\_\_  
Grade: \_\_\_\_\_ Position: \_\_\_\_\_  
School: \_\_\_\_\_ Club: \_\_\_\_\_  
Circle Years of Experience: Var 1 2 3 JV 1 2 MS 1 2 3  
Roomate Request (JU Overnight Only) \_\_\_\_\_  
Health Insurance Co.: \_\_\_\_\_  
Ins. Co. Member No.: \_\_\_\_\_

In Case of Emergency, please notify:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent or Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

**Enroll at:**  
[JULACROSSE.com](http://JULACROSSE.com)  
[camps@JULACROSSE.com](mailto:camps@JULACROSSE.com)  
904-347-7922 (camp office)



## Jacksonville University is Building a Top-Notch Division I Program in Florida!

**Mindy McCord** has helped thousands of girls over the past 15 years develop their games. As **Director of Lacrosse** at Jacksonville University, she has organized top-notch Division I lacrosse programs for both women and men. **JU is the only Division I school featuring both men's and women's lacrosse in Florida.** McCord has led championship teams in two NCAA sports (lacrosse and field hockey), served as a selector for the **US National Women's Lacrosse team**, and has been chairperson for the **North-South Senior Collegiate All-Star game**. Over the past two years, Coach McCord has developed her own game, putting together cutting edge curriculum that has set the south on fire with lacrosse energy. She founded MCC Sports, a lacrosse-development company, and partnered with deBeer Lacrosse to bring the game to more kids than ever before in the South. She is known for being a positive leader and teacher of the game.



Head Coach Mindy McCord

**Brooke Richards Magnuson**, First Assistant at Jacksonville University and a former University of Maryland attacker joins the Dolphins new program after working closely with the Lax Maniax Elite Club program in north Florida with McCord. Magnuson was a four-year letterwinner on the Terrapins' women's lacrosse squad from 2003-06 and helped Maryland reach the Final Four in her final two seasons. Magnuson also helped the Terps win the ACC Championship as a freshman in 2003.



Brooke Magnuson

As a prep player, Magnuson was a four-year starter at Broadneck High School in Annapolis, Md, helping Broadneck win the school's first-ever state championship while earning the prestigious Maryland Prep "Player of the Year," honors.



Paul McCord

### Strength and Conditioning Consultant, Paul McCord:

Coach Paul McCord has coached NFL Pro-Bowl Players, earned a Super Bowl ring, and helped hundreds of college athletes to achieve their goals while preventing injury. He has been an NCAA women's strength coach and his own Velocity Sports facility. He is a certified SPARQ trainer and devised the LaxRatings method of athletic evaluation that empowers prospective college lacrosse athletes by identifying areas of improvement. This valuable tool has helped more than 1,000 athletes to discover feedback critical to their success. Paul is also the architect of one of the country's most successful elite club programs, the Lax Maniax, was an assistant women's lacrosse coach at McDaniel College, founded the Bartram Trail High School program, and is a standout defender for the Jacksonville Predators Men's Lacrosse Club of the Florida Lacrosse League.

### The College Staff: Great Teachers from Great Schools



Learn from Great Lacrosse Teachers in a fantastic environment!

Coaches from DI, DII and DIII colleges and universities will complement the JU Coaching staff to provide a great experience for the Top-Level camp.

## Jacksonville University Lacrosse Camp JU Campus Facilities and Overnight Resort Accommodations

JU is the site for an amazing camp catering to the serious lacrosse player. This camp will feature staff from several top NCAA programs in addition to JU's Division I staff. JU's beautiful 200 acre wooded campus, home to some of the finest sport fields in the nation, is set on the St. Johns River. The beautiful grass practice fields are centrally located for scrimmage and drill rotations. Camp overnight accommodations will be on the beach at one of the most beautiful area resorts. Your room will be 50 feet from the beach and the hotel amenities are superb. Meals will be catered at the hotel, and JU's conference services staff.



### Camp Details

- \* January 2-4, 2009
- \* Overnight: \$450; Commuter: \$350
- \* Deposit of \$250 and camper application due by December 1
- \* JU is just minutes away from Jacksonville International Airport; Inexpensive Shuttles are available 24-hours a day.
- \* Grades: Graduation years 2009-2012 are welcome to attend camp. This is a Hi-level camp for serious lacrosse players. There is a strong emphasis on advanced skills, game play, and techniques.
- \* All players will enjoy our LOW student-coach ratios
- \* Camp is limited to just 80 overnight campers
- \* Goal Keepers will have their own specific coaching staff!!
- \* Visiting parents are welcome to stay in the camp hotel at a low camp rate (\$130 per night Ocean Front).

### Sample Camp Daily Schedule

JU Lacrosse Camps are always well organized, systematic camps that include great teaching/coaching and game play.

- 7:30-8:00am Breakfast
- 9:00-11:00am Skillz Session
- 11:00-12:00pm Lunch
- 12:00-1:00pm College Educational Process Seminar
- 1:30-3:30pm Competitive Drillz/Games: Skillz in Action
- 3:30pm Snack Break
- 4:00-7:30pm Scrimage Games and Tournament Play
- 8:00pm Dinner at Hotel
- 7:30-10:00pm Positive Leadership and Energy Seminar

## Proven Teaching Systems Provide High Value

What is Special About JU Lacrosse Camps?

"I want the girl's to leave the camp raving about the experience. I value the parent's investment in their children and I want every camper to get a great return on their investment! As a parent of a current high school student with many choices, I want every camper to leave here having made a great choice!" - Mindy McCord, JU Head Coach

"The JU Camp was awesome. Compared to the other camps I attended this summer it was much more focussed on the college coaches. I felt like we had more of their attention in the drills and there were many more drills to learn. Kudos to the staff!"  
- Katie S, Elite Club Player



JU is bordered by the Historic St. Johns River

### SKILLZ - DRILLZ - THRILLZ:

Each day includes **TWO sessions of drills and hi-speed teaching situations** that quickly improve the play of the participants. There is minimal time between drills and repetitions. The curriculum is unique to Coach McCord and her elite college coaching staff. These sessions are valuable, game-changing sessions that will impact elite players in a very challenging environment.

### TOURNAMENT PLAY and GAME DVD's:

Each day the camp includes **tournament style games** with camp championships. Imagine playing with and against the best high school players from all over the country! You can't help but be **YOUR BEST**. On field coaching and real officials headline the tournament atmosphere. Game DVD's are available for participants on a per-game basis. Each player will receive a numbered game reversible so they can be easily identified by the 'eye in the sky'!

### CAMP WORKSHOPS DAY AND NIGHT!

Daily seminars on 'Strength and Speed', 'Marketing for Colleges' and developing 'In the Zone Thinking for the Mental Edge for Performance' will provide all campers with real benefits that can heighten their on and off-field performance!

