

LAKERS ELITE STAFF

DIRECTOR — ALICIA GROVESTON

Coach Groveston is entering her 4th year as head coach at GVSU. She and her team completed their second year (2010-11 was a practice year) of Division II intercollegiate athletics and recorded a 13-5 record. 2013 was the first year the Great Lakes Intercollegiate Athletic Conference sponsored Women's Lacrosse. Grand Valley was the GLIAC regular season and tournament champions after going 11-0 in conference play. GV's Alyssa Neumen was named GLIAC Defensive Player of the Year and Allyson Fritts was named Conference GLIAC of the Year. In addition, Groveston was named GLIAC Coach of the Year. Groveston has been coaching for seven years collegiately — Belmont Abbey College (2007-08 Asst. Coach) & Gannon University (2008-10 Head Coach).

Groveston attended Salisbury University where she was an All-Region defender and Academic All-American. She has a BA in Mass Media (2003) and MBA (2004).

ASSISTANT DIRECTOR— LAURA BERNOTAS

Coach Bernotas is the assistant coach and co-recruiting coordinator at GVSU. She comes from the Division II program at East Stroudsburg University (PA) where she was an assistant for two years. Bernotas works predominantly as the attack and goalie coach at Grand Valley.

Bernotas is a 2008 graduate of East Stroudsburg and also recently received her Masters in Exercise Science from California University of PA in 2012.

ASSISTANT DIRECTOR— ASHLEY JOHNSON

Coach Johnson is the graduate assistant and co-recruiting coordinator for GV. She comes from the Division II program Georgian Court University (NJ) where she was the assistant for a year. Johnson works primarily with the midfield and goalies at GVSU.

Johnson is a 2011 graduate from Birmingham Southern College and is working toward her Masters in School Counseling at Grand Valley.

COACHES WHO PREVIOUSLY ATTENDED (2013):

- <#> Kati Robbins — Head Coach Thiel College (D3)
- <#> Jackie Rutkowski — Head Coach Hartwick College (D3)
- <#> Sara Tisdale — Head Coach Augustana College (D3)
- <#> Laura Maness — Head Coach University of Detroit Mercy (D1)
- <#> Katie Rhodes — Asst. Coach Colgate University (D1)
- <#> Laurie Jordan — Head Coach Alma College (D3)
- <#> Emilia Ward — Head Coach Kalamazoo College (D3)
- <#> Celeste Shefferly — Former Head Coach Davenport University
- <#> Brian Smith — Asst. Coach Lindenwood University (D2)
- <#> Erika Walker — Former GVSU Asst. Coach
- <#> Brittany Poist — Head Coach McKendree University (D2)
- <#> Mia Jafari — Head Coach Lawrence Tech (NAIA)
- <#> Charles Heitkamp — Asst. Coach McKendree University (D2)
- <#> GVSU Women's Lacrosse Team

GVSU Women's Lacrosse
1 Campus Dr.
181 Fieldhouse
Allendale, MI 49401

CAMP DIRECTOR: ALICIA GROVESTON

PHONE: (616)331-2545

EMAIL: GROVESTA@GVSU.EDU

WEBSITE: WWW.GVSULAKERS.COM

CAMP WEBSITE:

www.GrandValleyStateWomensLacrosse.com

REGISTER ONLINE TODAY!!!!

GVSU

LAKER ELITE LACROSSE CAMP 2013 GLIAC CHAMPIONS



JUNE 23 - JUNE 26, 2014

OVERNIGHT OR DAY CAMP OPTIONS AGES 9-18

CAMP SETTING

GVSU is located in Allendale, MI; roughly 12 miles from Downtown Grand Rapids



and 15 miles from Lake Michigan. As the first NCAA Division II Women's Lacrosse program in Michigan & the current GLIAC Confer-

ence Champions, the Lakers are continuing to help the sport of lacrosse grow throughout the Midwest. With our modern, updated & outstanding facilities, campers of all ages will have no problems improving their lacrosse skills.

CAMP HIGHLIGHTS

- <#> Complete Skills Camp for Girls Ages 9-18
- <#> LOW player/coach ratio!
- <#> Superior instruction from College Coaches — Division I, II & III, NAIA & College Club Level
- <#> Individual instruction — Daily emphasis on fundamentals, positional training, drills & scrimmages.
- <#> Specialized goalie instruction
- <#> Use of our state of the art Laker Lacrosse Stadium & 4 Field Turf Recreational fields.
- <#> Pristine Air-Conditioned Dorms — 2-4 per room — refrigerator included
- <#> Various camp prizes awarded
- <#> Reversible mesh practice jersey
- <#> Individual Evaluation given at conclusion of camp

TYPICAL DAILY SCHEDULE

DOES NOT APPLY TO FIRST AND LAST DAY

8:00	Breakfast (Overnight Campers Only)
9:15	Extended Day Campers Arrive/Stretch
9:30	Session #1 — Individual Skill Work
11:45	Lunch/Rest
2:00	Session #2 — Small Game Situations
4:00	Break
5:30	Dinner
6:30	Session #3 — Full field Games
9:00	Extended Day Campers Depart
9:15	Back to Dorms
10:30	Lights Out

- *All days schedules are subject to change
- *Talent show on Wednesday night
- *Neon/Crazy Day Thursday

CAMP DATES AND PRICES

JUNE 23-JUNE 26, 2014

Overnight Camp: \$470

Extended Day Camp: \$395

Camp runs Monday midday through Thursday afternoon. Overnight camp includes the instructional program, all meals and housing. Extended Day Camp runs from 9:00am-9:00pm and includes the instructional program, lunch and dinner.

GROUP DISCOUNTS AVAILABLE:

Group registrations must be done at the same time. Late additions will not be permitted.

2-5 campers — 5% per camper

6+ campers — 10% per camper

CAMP PHILOSOPHY

Molding youth, middle and high school women's lacrosse players into elite athletes by fostering an environment of learning, accountability and motivation through creative drills and personal attention on and off the field.

While on campus each camper will be observed and evaluated on multiple fundamentals and skills. Each day will be a combination of the following: conditioning, stick skills, midfield transition, small sided drills, man-up/man-down scenarios, offensive and defensive strategy, as well as full-field games.

IMPORTANT INFORMATION

—<#> Prior to camp you will receive an email with a packing list, check-in information & medical authorization form. All forms must be properly submitted for campers to participate. Check in is typical from 12-1:30pm & Check out from 11:30-1pm.

—<#> **Campers must provide their own equipment including: stick, mouth guard, goggles, turf shoes/cleats and gloves. Goalies need to provide full gear. Goalies will be able to store gear at the field.**

—<#> All Overnight campers must provide bedding, bath linens, & toiletries. Packing list will be provided.

—<#> Athletic Trainers will be present during all on-field camp activities.

—<#> All campers are **REQUIRED** to abide by all camp rules and attend all camp sessions. Failure to do so will result in immediate dismissal from camp without a refund.

LAKERS ELITE REGISTRATION FORM

Name _____

Address _____

City/State/Zip _____

Email Address _____

Parent/Guardian _____

Home# _____ Cell# _____

DOB _____

CAMPER TYPE (circle one): OVERNIGHT EXTENDED DAY

Roommate Request _____

We will do our best to accommodate the requests

LACROSSE EXPERIENCE

Position: _____

School _____

Grade for 2014-2015 _____

Years Experience _____ Highest Level Played _____

**Camp Fees: \$470 Overnight \$395 Extended Day
\$150 Non-Refundable deposit — due by June 10th**

PAY ONLINE @
www.GrandValleyStateWomensLacrosseCamps.com

Checks Payable to **GVSU Women's Lacrosse**

Mail to: 1 Campus Dr. 181 Fieldhouse

Allendale MI 49401

For more information please contact Alicia Groveston at
616-331-2545 or by email at **grovesta@gvsu.edu**