



DINING

Campers dine in Dansbury Commons, the university student dining room. Nutritious all-you-can-eat meals are served, with salad and dessert bars.

CAMP CARE SERVICES

Our ESU Summer Camp Care Staff are first aid and CPR/AED certified. Summer Camp Care Staff will provide routine first aid services to the participants during the hours that camp is in session and will refer medical emergencies and illnesses to the Lehigh Valley Health Network-Pocono, located one block from campus.

MEDICAL INSURANCE

ESU does not provide individuals with medical insurance. Campers must provide their own medical insurance plans. ESU is not responsible for paying medical deductibles or hospital costs for any camper.

Register Online at: esu.edu/camps

DAILY SCHEDULE

CAMP FEATURES

SKILLS CAMP:

For beginners, intermediate and high-level lacrosse players to help grow their knowledge of the game. Ages 9-18.

- Check-in: Thursday, July 23
8:30 to 9:30 a.m.
- Check-out: Saturday, July 25
11:30 a.m. to 12:30 p.m.

ELITE CAMP:

For girls in grades 8-12 who are committed to lacrosse. This camp will mimic the daily experience of a member of the ESU women's lacrosse team.

- Check-in: Friday, July 31 – 8:45 a.m.
- Check-out: Saturday, August 1 – 4:30 p.m.

XENI BARAKOS-YODER
xbarakos@esu.edu
570-422-3672

East Stroudsburg University of Pennsylvania is located in the beautiful Pocono Mountains in East Stroudsburg, Pennsylvania. ESU is 90 minutes west of New York City and two hours north of Philadelphia. You may also find directions through our website at esu.edu.

East Stroudsburg University of Pennsylvania is committed to equal opportunity for its students, employees and applicants. The university is committed to providing equal educational and employment rights to all persons without regard to race, color, sex, religion, national origin, age, disability, sexual orientation, gender identity or veteran's status. Each member of the university committee has a right to study and work in an environment free from any form of racial, ethnic and sexual discrimination including sexual harassment, sexual violence and sexual assault. (Further information, including contact information, can be found on the university's website at esu.edu/titleix).

In accordance with federal and state laws, the university will not tolerate discrimination. This policy is placed in this document in accordance with state and federal laws including Titles VI and VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments of 1972, Sections 503 and 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990, and the Civil Rights Act of 1991 as well as all applicable federal and state executive orders.



For more information, assistance or special accommodations, please call 570-422-3061.

**EAST STROUDSBURG
WARRIORS**

Office of Conference Services
200 Prospect St
East Stroudsburg PA 18301-2999



ESU
LACROSSE

2018 ATLANTIC REGIONAL CHAMPIONS

2020 SUMMER CAMP

JULY 15	ID CLINIC
JULY 23-25	SKILLS CAMP (AGES 9-18)
JULY 31 - AUGUST 1	ELITE CAMP (GRADES 8-12)

esu.edu/camps

PHILOSOPHY

This is an open invitation to individuals of all skill levels. Come learn fun, fast-paced lacrosse from collegiate coaches and players. Through stick tricks, creative small-sided games, competitive drills and scrimmages, you will not only become a better lacrosse player, but will have things to work on when you leave. And most importantly, you will have a lot of fun doing it.

Goalies will have their own training sessions with collegiate coaches and players. If you want to take the next step in your game, then join us this summer in the beautiful Pocono Mountains.

GENERAL INFORMATION

- Footwork and agility training
- Stick work
- Defensive and shooting strategies
- Scrimmages
- Suite-style living accommodations
- Work with ESU's top players
- Goalkeepers will have specific training sessions



CAMP STAFF



XENI BARAKOS-YODER

Lacrosse Head Coach

- 59-18 record entering fifth season at ESU
- 2018 Atlantic Regional champions and 2019 runner-up
- Ranked No. 5 in final IWLCA DII poll in 2018
- 2018 Atlantic Region coach of the year
- 2-time PSAC coach of the year
- 2017 PSAC champions and 2019 runner-up
- 2017 PSAC title and NCAA DII Tournament were both the first in school history
- 4 IWLCA All-America and 10 All-Region selections as head coach

RACHEL WARD

Lacrosse Assistant Coach

- Works with offense, midfield and goalkeepers
- Current player for Ireland National Team
- All-Conference selection Lock Haven

STAFF

- The camp staff is comprised of experienced college coaches, as well as current ESU lacrosse players

COST

Register Online at: esu.edu/camps

SKILLS CAMP (7/23-25) OVERNIGHT: \$325/PLAYER COMMUTER: \$260/PLAYER
ELITE CAMP (7/31-8/1) \$240/PLAYER
ID CLINIC (7/15) \$95/player

Skills Camp Discounts Only*:
Family: \$20 off two or more siblings
Team: \$20 off five or more team members

To receive the team discount, a coupon **MUST** be included on your initial registration form. No discounts will be given thereafter. Please contact coach for current codes. DISCOUNTS CANNOT BE COMBINED.

Make Checks Payable to:
ESU WARRIOR LACROSSE CAMP

Mail to: Office of Conference Services
200 Prospect Street, E. Stroudsburg, PA 18301

DEPOSIT/PAYMENT/CANCELLATIONS/REFUNDS

Please enclose a \$100 non-refundable deposit with all applications. Camp balance is due two weeks prior to the start of camp. Campers who leave during the course of the camp will receive a refund based on the number of days services were rendered.

All refund requests must be submitted in writing to the Office of Conference Services within 14 days of the last day of camp. No refunds will be issued to campers who were sent home for disciplinary reasons. No refunds will be issued after that time. Please allow six to eight weeks for processing of any refunds.

Medical documentation may be required for refund. Please send refund requests to conferences@esu.edu with the name of your child and camp they participated in.

ESU Warrior Sports Camps have contingency plans in the event of inclement weather, however, indoor practice facilities may be limited.

XENI BARAKOS-YODER

xbarakos@esu.edu

570-422-3672

Register Online at: esu.edu/camps

LACROSSE

Please print clearly in ink.

PARTICIPANT _____

ADDRESS _____

CITY/STATE/ZIP _____

HOME/CELL _____

EMERGENCY PHONE _____

EMAIL _____

GRADE ENTERING (FALL 2020) _____ AGE _____ DOB _____

SCHOOL/TEAM _____

COACH _____ POSITION _____

SELECT CAMP(S):

_____ ID CLINIC 7/15 _____ ELITE 7/31-8/1

_____ SKILLS CAMP 7/23-25

OVERNIGHT _____

COMMUTER _____ *COUPON CODE _____

T-SHIRT SIZE: (PLEASE CIRCLE ONE) **S M L XL**

\$100 NON-REFUNDABLE DEPOSIT MUST ACCOMPANY EACH REGISTRATION FORM

MEDICAL INSURANCE INFORMATION: _____

COMPANY NAME _____

POLICY NUMBER _____

GROUP NUMBER _____

NAME OF PARENT/GUARDIAN _____

I hereby authorize the camp staff of East Stroudsburg University to act for my son/daughter in their best judgment in any emergency situation. I also authorize my son's/daughter's attendance in ESU Warrior Sport Camp. I certify that he/she is in good health, and is able to participate in all camp activities. I understand that the camp staff, first responders, and university will not be held responsible for any injuries that occur on the way to, during or on the way home from ESU.

Parent/Guardian Signature _____