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## Waiver and Release Form

The Ridge Girls Lacrosse Camp is a private camp under the direction of Barbara Erickson, Head Girls Lacrosse Coach of Ridge High School. In consideration of the acceptance of this application, we the below signed, our heirs, administrators agree to be legally bound to the terms and conditions hereafter set forth: We hereby give our consent to approval to the participation of the applicant in the program conducted by the Ridge Girls Lacrosse Camp and certify that she is physically fit to take part in all activities. Further, we do hereby wavier, release and forever discharge said organizations, its staff, officers, agents, representatives, employees, and their successors and agents from any and all claims for damages concerning or ensuing from accident, injury to the person or loss of personal property occurring during this stated camp, her participation in activities arising from her travel to and from the camp. We also authorize the Director of the Ridge Girls Lacrosse Camp to act for me according to her best judgment in any emergency requiring medical attention. I hereby state that I am the legal guardian of said child.

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Parents/Legal Guardians Signature

### Camp Equipment

Each camper should bring a stick, mouth guard, goggles and a water bottle.

Please contact us if you have any questions regarding equipment.



*For More Information:*

*Barbara Ann Erickson*

*ridgehsglax@gmail.com*

*973-818-4547*

Facility Use Approved by  
Bernards Township Parks & Recreation

# Ridge Girls Lacrosse Camp



July 11th-July 15th  
9:00-12:00

Grades 3-9

Astor Field

Bernards Township Parks and  
Recreation Department



Directed by:

Barbara Ann Erickson

*Ridge Varsity Head Coach*



## Camp Philosophy

The camp will focus on having fun while developing the complete lacrosse player. Fundamentals are always an emphasis but camp will also include specific game situational training from both the attack and defensive perspective. Campers will enjoy the daily competitions, camp games and especially the closing awards ceremony. Ridge Girls Lacrosse camp is open to everyone from the experienced player to the beginner. The players will be divided by grade and skill level to ensure every girl is challenged. Camp will provide developmentally appropriate activities for all skill levels to ensure each camper experiences success.

*Come, have fun and bring your game to the next level*



## Camp Staff

Director -The camp will be directed by Barbara Ann Erickson, Head Coach Ridge High School. Coach Erickson has over 20 years in education and coaching at the high school level and this season is in her 8th year as head lacrosse coach at Ridge High School. Coach Erickson took the Ridge program over in its second year and helped build it to where it is a state competitive program each year. The program has enjoyed the success of a county and league championships, as well as advancing to State Sectional finals. Coach Erickson prides herself in helping to build the complete athlete, including emphasis not only on skill development but also on sportsmanship and character building. This emphasis is where girls become stronger and more confident players.

Assistant Coaches- The camp offers the girls the opportunity to work with some of the Ridge HS assistant coaches as well as some of the former varsity players who have moved on to play at competitive collegiate programs. Many of these players have committed themselves to spreading their knowledge and love of the game by working at clinics, camps and coaching youth teams. Their enthusiasm and love of teaching will make it a fun filled week for all!

## CAMP REGISTRATION

Name \_\_\_\_\_  
Address \_\_\_\_\_

Home Phone \_\_\_\_\_  
Cell Phone \_\_\_\_\_  
Parents Names \_\_\_\_\_

Parents Cell Phone \_\_\_\_\_  
Emergency Contact \_\_\_\_\_  
Phone \_\_\_\_\_

Grade in September \_\_\_\_\_  
Playing Experience ? \_\_\_\_\_ Years \_\_\_\_  
Position Played \_\_\_\_\_  
US Lacrosse Member ? \_\_\_\_\_  
Membership # \_\_\_\_\_  
T-shirt Size \_\_\_\_\_  
Medical Conditions \_\_\_\_\_

### Camp Registration Fee

\$ 180.00

Family Discount for 2 campers  
\$ 160.00 per camper

Please send form and check payable to:

Ridge Girls Lacrosse Camp

Mail to:

Ridge Girls Lacrosse Camp

164 Linden Ave.

Verona, NJ, 07044

For more information or questions email

Barbara Erickson @

ridgehsglax@gmail.com

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