

2009 Camp Director and Staff

Lisa Dixon – Between the Pipes

Lisa Dixon brings her wide range of coaching experience to the participants of this exciting camp. Dixon was a First Team USWLA and IWLC/BRINE All American. Formerly assistant coach at The University of North Carolina, she is currently living in Baltimore working as a Marketing and Business Development Consultant for the Baltimore Ravens. Prior to UNC, Dixon was an assistant coach at Penn State University. She graduated from the College of William & Mary in 1997 and was awarded the C. Markland Kelly award; otherwise known as the “Goalie of the Year” award for Division I. Dixon, along with her coaching staff, have made this goalkeeping camp the best in the nation.

Between the Pipes Staff

Our goal for this camp is to provide superb coaching. In addition to the Director, Lisa Dixon, the camp staff will consist of the top collegiate goalkeepers and outstanding coaches who have excellent knowledge of the goalkeeper position. Some of the coaches who hope to be in attendance are listed below. Each camper will receive individual instruction and attention, as well as small group instruction.

Amanda Barnes – Ohio State (Assistant Coach), Trish Dabrowski – Johns Hopkins (Former Assistant Coach), Meg Dentler – James Madison (Assistant Coach), Megan Huether – William & Mary (Assistant Coach), Karrie Moore – Cornell (Assistant Coach), Jessica O’Connell – Hofstra (Former Assistant Coach), Anne Sheridan – Boston Univ. (Assistant Coach), Caitlin Formby – Georgetown University ’10, Amelia Harris – Hopkins ’09, Erin Tochiara – Princeton Univ. ’11 and more!

Erin Hellmold – Rising Elite & Positional Elite

Hellmold is in her fifth season as assistant coach at Georgetown University. Prior to Georgetown she was an Assistant Coach at the Stevens Institute of Technology. During her four seasons with the Hoyas, Hellmold has coached four offensive All-Americans in Alison Chambers, Coco Stanwick and most recently Ashby Kaestner and Molly Ford. She is the owner of the New York Lacrosse Academy, located on Long Island and the director of the Cardinal Lacrosse Club program in Northern Virginia. Hellmold graduated from Johns Hopkins University in 2002. She was voted the best offensive player in 2001, and is among the Blue Jay leaders in career assists, goals and points.

Rising Elite & Positional Elite Staff

The New York Lacrosse Academy has been teaching the game of lacrosse on Long Island for over 20 years! We believe in hiring an experienced, dedicated and exceptional staff who pride themselves in teaching the fundamentals of the game and developing each player’s potential. The key to this goal is intensive individual instruction combined with situational and team play. The Rising Elite staff will include players from Georgetown, Hopkins and other local colleges. Positional Elite Clinics will incorporate daily guest coaches consisting of some of the best college head and assistant coaches, current US Elite Team players and Top College Players!

Lisa Dixon
15 Southwark Bridge Way
Lutherville, MD
21093



Between 2009 the Pipes

Women’s Lacrosse Goalkeeping Camps

Designed and directed to be the best camp of its kind
concentrating on the importance of “the goalkeeper”
in the expanding world of Women’s Lacrosse.

&



Rising Elite Camp and Positional Elite Women’s Lacrosse Clinics

Athletes will learn from some of the best offensive and defensive players and coaches in the game today. Daily guest coaches for Positional Elite will consist of some of the best college head and assistant coaches, current US Elite Team players and Top College Players!

McDonogh School – Baltimore, MD

2009 Lacrosse Camp Application

Name: _____

Birth Date: ___/___/___ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Primary Contact E-mail: _____
(camp confirmation and information will be sent to the e-mail address above)

Parent(s) Name: _____

Home Phone: _____ Work Phone: _____

Emergency Contact: _____ Em Phone: _____

School: _____ HS Graduation Year _____

Club Team _____

Position: Attack _____ Midfield _____ Defense _____ Goalkeeper _____

Years of Experience: HS _____ MS _____ Club _____

Roommate Preference: _____

Are you a member of US Lacrosse? Yes No

PLEASE NOTE FULL PAYMENT IS DUE WITH APPLICATION

July 6-8 Between the Pipes Growing Goalies Camp - \$425.00 (Commuter Fee - \$375.00)

July 6-8 Rising Elite Lacrosse Camp - \$425.00 (Commuter Fee - \$375.00)

July 8-10 Super Savers Camp - \$450.00 (Commuter Fee - \$400)

July 8-10 Positional Elite Clinics - \$450.00 (Commuter Fee - \$400.00)

July 8-10 Positional Elite Clinic (Per Session Fee - \$65)

Per Session Applicants select all that apply:

July 8th: 2:00-4:30pm 6:00-8:30pm

July 9th: 9:00-11:30am 2:00-4:00pm 6:00-8:30pm

July 10th: 9:00-11:30am, 1:00-3:30pm

I will be attending camp/clinics as a commuter

Total Amount Enclosed: \$ _____

**Between the Pipes Campers: Please make checks payable to Elizabeth Dixon and mail to: Elizabeth Dixon, 15 Southwark Bridge Way, Lutherville, MD 21093*

**Rising Elite/Positional Elite Campers: Please make checks payable to New York Lacrosse Academy and mail to: Elizabeth Dixon, 15 Southwark Bridge Way, Lutherville, MD 21093*

2009 Lacrosse Camps

Between the Pipes Growing Goalies Camp

July 6-8

For the Junior High and Middle School Girls (Grades 5-9). This camp is run in conjunction with the Rising Elite Lacrosse Camp. Instruction for the intermediate and beginner level goalkeeper will be given along with the opportunity to apply what is learned into game like situations and scrimmages with the campers of the Rising Elite. Basic Goalie skills will be broken down with individual instruction, and emphasis placed on consistent execution of proper technique in footwork, angles and stickwork. **Tuition - \$425 (commuter tuition \$375).** Fee includes housing and all meals. **REGISTRATION** will be on **MONDAY, July 6, at 9:00am.** Checkout will be on **WEDNESDAY, JULY 8, at 12:00pm.**

Rising Elite Girls Lacrosse Camp

July 6-8

For the Junior High and Middle School Girls (Grades 5-8). Competition is fierce for leagues in club teams even on the primary age level. This camp is designed for the advanced athlete in mind, ages 10 to 14, to take her game to the next level. Group sessions with ratios of 8-to-1 will give the athlete the opportunity to develop skills currently taught at the highest level in high school and at the collegiate level. This camp is run in conjunction with Between the Pipes Growing Goalies Camp. **Tuition - \$425 (commuter tuition \$375).** Fee includes housing and all meals. **REGISTRATION** will be on **MONDAY, JULY 6, at 9:00am.** Checkout will be on **WEDNESDAY, JULY 8, at 12:00pm.**

Between the Pipes Super Savers Camp

July 8-10

For the High School and Elite level goalkeeper (Grades 10-12). This camp is run in conjunction with the Positional Elite Clinics. The elite/advanced level goalkeeper will have individual attention and see a lot of shots to help sharpen her technique. Attention to detail will be given in such areas as footwork, angles, quickness and stickwork. Communication with defense, play outside the crease, field strategies and tactics will be emphasized. This intense 3 day camp is ideal for the elite goalkeeper preparing for the college game. **Tuition - \$450 (commuter tuition \$400).** Fee includes housing and all meals. **REGISTRATION** will be on **WEDNESDAY, JULY 8, at 1:30pm.** Checkout will be on **FRIDAY, JULY 10, at 3:30pm.**

Positional Elite Girls Lacrosse Clinics

July 8-10

The Positional Elite Clinics are specialized clinics designed for individuals, groups and teams. Players have the option of doing all three days, one day or even one session. This is an exclusive opportunity to be coached by daily guest coaches consisting of some of the best college head and assistant coaches, current US players and top collegiate players. Focus will be on individual and team skills for attackers, midfielders and defenders. Group sessions with ratios of 8-to-1, will give each athlete the opportunity to develop skills currently taught at the highest levels of collegiate lacrosse. Learn the secrets, outwit your opponent and get the recognition you deserve. This camp is run in conjunction with Between the Pipes Super Savers Camp. Days and/or sessions will be filled upon a first come first serve basis. If you are interested in team registration (20 player min) please email (emw29@georgetown.edu or dixone20@comcast.net) for a team registration form. Space will be limited so reserve your date and time today! **Tuition - \$450 (Commuter \$400/Per Session \$65).** Fee includes housing and all meals. **REGISTRATION** will be on **WEDNESDAY, JULY 8, at 1:30pm.** Checkout will be on **FRIDAY, JULY 10, at 3:30pm.**

Important Facts

Registration – Campers are required to register by mailing the attached application form and signed waiver statements with FULL PAYMENT made payable to: Elizabeth Dixon (for Between the Pipes) or New York Lacrosse Academy (for Rising Elite/Positional Elite). \$150 of total payment is NON-REFUNDABLE after June 22, 2009. There will be a \$25 fee for all returned checks. **Upon acceptance, you will receive a confirmation letter with registration locations, medical form and additional camp information. Enrollment is limited, first come basis until camps are full. SIGN UP SOON!**

Payments – Between the Pipes checks are made payable to Elizabeth Dixon and Rising Elite/Positional Elite checks are made payable to New York Lacrosse Academy. All applications are sent to — Elizabeth Dixon, 15 Southwark Bridge Way, Lutherville, MD 21093

Medical Care – All campers must have their own accident and health Insurance. A medical form will be mailed upon receipt of your application. A certified NATA athletic trainer will be available for all camp sessions and be able to attend to all minor injuries and illnesses.

Facility – Camps and Clinics will take place on the beautiful campus of the McDonogh School. An 800-acre campus in Baltimore, MD. There are extensive outdoor athletic fields, 21 tennis courts, an indoor swimming pool, and a state of the art 54,000 square foot field house with four basketball courts that will be available throughout the camp.

Lodging – Campers will room in the dorms on the McDonogh Campus. All meals are served cafeteria style. We will do what we can to honor roommate requests, but they are not guaranteed.

Equipment – Please note: No goalkeeping or field player equipment will be provided. Goalkeepers will need to make sure they have at least the following: Stick, helmet and throat guard, chest protector, gloves, shin guards and a mouthguard. Field players will need to bring their own stick, mouthguard and goggles.

Questions – Between The Pipes – Contact Lisa Dixon: (410) 823-4392 / dixone20@comcast.net

Questions – Rising Elite/Positional Elite – Contact Erin Hellmold: (516) 873-7735 / emw29@georgetown.edu or Lisa Dixon (information listed above)

Directions – From the North: Take 95 south to Rt. 695 West to Exit 20 (Reisterstown Rd.) Take a right onto Reisterstown Rd. Go to the fifth traffic light and turn left onto McDonogh Road. The School will be approximately one mile ahead on your right. Take the main entrance road up the hill and take your first right. The dorms will be on your left and registration will be in the courtyard by the entrance to the dorms. **From the South:** Take 95 north to Rt. 695 toward Towson to Exit 20 (Reisterstown Rd.) Turn left onto Reisterstown Road. Go to the sixth traffic light and turn left onto McDonogh Road. School will be approximately one mile ahead on your right. Take the main entrance road up the hill and take your first right. Go to the stop sign and park in the lot off to the right. The dorms will be on your left and registration will be up the stairs in the courtyard.