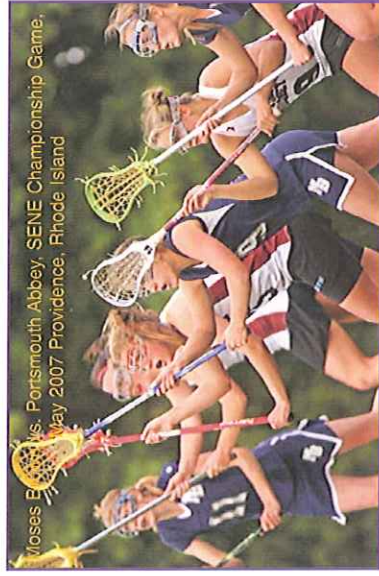


Sachuest Lacrosse, 60 Almy Street, Newport, RI 02840



CAMP PHILOSOPHY:

While it is often said "It is not the destination but the journey that matters..." We serve to extend this philosophy to incorporate the destination. The destination of excellence is the end point we are striving and journeying toward with each participant. Having all participants, staff, and parents have a positive experience, see their children grow in the game through skills, athleticism, maturity, and confidence. Looking back over a period of time and seeing measurable achievements on how focusing on the destination helped shape the journey, and bring excellence to a closer point. We recognize the commitment being entrusted to us as a staff, and confidently extend our excellence in this endeavor.



Losses B vs. Portsmouth Abbey. SENE Championship Game. May 2007 Providence, Rhode Island



Sachuest Lacrosse 2009 - A warm summer's day near Narragansett Bay...St. Philomena School, Portsmouth, RI

"The Draw"
That frozen
motionless
moment,
whose stillness turns to a
symphony of heroic effort,
a moment
for all,
a time for the ball,
my ball!!

www.sachuestlacrosse.com



SACHUEST LACROSSE

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WWW.SACHUESTLACROSSE.COM

**CAMP
DESTINATION
EXCELLENCE**

"The hard-fought G-B Battle"

THE COACHING STAFF



Matt Nunes

Director: IYL Breakers Girls Youth Coach, Collegiate Official Lower NE, Metacomet Select Lacrosse, Previous: Metacomet Select (Founder & Co-Head Coach 2005-2008), RI Lacrosse-Girls Youth Chair 2004, RI Lacrosse "Ironman" 2004, US Lacrosse Festival U-15 Co-Head Coach 2003, US Lacrosse Festival U-13 Head Coach 2001, East Bay Lacrosse Youth Coach 1999-2004.



Chloe Schmitz

University of North Carolina, Midfield 2009/2010
Union College, Midfield 2008/2009
Moses Brown School, 2009, Midfield,
Honorable Mention, All-American, NEPS All-Star,
1st Team All-State, SENE Champions, Coaches' Award,
SENE Regular Season Soccer Champs, 2nd Team SENE Soccer,
Voted Captain for Soccer and Lacrosse



Maddie Carrellas

College of the Holy Cross 2013- Midfield- St. George's 2009, Lacrosse Most Improved Player 2007, Lower New England Team 2008, Metacomet Club Team, Captain 2009, Ice Hockey- MVP 2009, First Team All ISL 2009, Captain 2009, Soccer- Captain 2008, Coach's Cup, ISL Honorable Mention



Madison Nunes

Catholic University of America-2012, Catholic University, Midfield, 2008-2009, Midfield, PAS-Lacrosse Captain 2008, Academic All American 2007, 2008, "Most Improved Player" PAS Soccer-2008, Portsmouth Abbey School-Team Captain, 2007 & 2008, 1st Team SENE Conference, 2007, 2005 MVP - The Prout School



DAILY SCHEDULE

(JULY 18-22nd, 2011):

CDE-9: GIRLS GRADES 3-8 PRICE: \$350

CDE-10: GIRLS, HIGH SCHOOL (DAY)

8:45 - 9:15: Drop Off, Warm Up, Stretch

9:15 - 10:30: Morning Skills Session

10:45-11:45: Skills Session II and Scrimmage

11:45-12:30: Lunch Break

12:45 - 2:00: Skills Session III

2:15 - 3:15: Scrimmage

3:15 - 3:45: Chalk Talk, Stretch, Warm Down Drills

3:45 : Dismissal.

Pick up on final day @ 2:30pm.

CDE-8: GIRLS GRADES K-2 PRICE: \$275

8:45 - 9:15: Drop Off, Warm Up, Stretch

9:15 - 10:30: Morning Skills Session

10:45-11:45: Skills Session II and Scrimmage

11:45-12:30: Lunch Break

12:45 - 3:45: Games, Nature Walks, Tennis, Basketball & Crafts

Pick up on final day @ 2:30pm.

CDE-11: GIRLS, HIGH SCHOOL PRICE: \$125

(Rising Freshman: Class of 2014 - Rising Seniors: Class of 2011)

"Night Riders" Mini Camp

Evenings, Monday-Thursday, 4:15 - 6:30

4:15 - 5:30 : Skills & Drills, and intense 15min workout

5:40 - 6:00 : Instructional Stop Play Scrimmage

6:05 - 6:30 : Mini Camp Champ (Mini Game/Team Play and Standings through the week)

◆ "Learn how the game is played at a high level"

◆ "The art of the ride"

◆ "The Triple Double" (sideline doubling)

"Night Rider" Mini Camp capped at 32 Field Players!!!

Register NOW to secure your spot.

4 Nights of action-packed fun for the HS player!

SPACE IS LIMITED ~ SIGN UP EARLY

LOCATION:

Located on the beautiful campus of St. Philomena School overlooking Narragansett Bay.

324 Cory's Lane, Portsmouth, RI 02871



TO REGISTER FOR SACHUEST LACROSSE:

- 1.) Complete registration form attached.* (check payable to "Sachuest Lacrosse") * Must be U.S. Lacrosse member.
- 2.) Email Director mattunes@cox.net intent to participate/reserve your space.
- 3.) Return subsequent email copy of waiver received from Registrar and signed Code of Conduct.
- 4.) Participants must provide their own equipment: stick, eyewear, mouthguard, and water bottle.
- 5.) Mark your calendar for a Week of FUN!

SACHUEST LACROSSE, 60 ALMY STREET, NEWPORT, RI 02840

www.sachuestlacrosse.com or email mattunes@cox.net

Registration Form:

Player Name: _____ D.O.B.: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Player email: _____

Parent Name: _____

Parent email: _____

US Lax #: _____ Exp. Date: _____

Grade (Fall 2011) _____

Skill Level: Beginner Intermediate Advanced A

CDE-8 (grades K-2) 8 CDE-9 (3-8) 9 CDE-10 (HS-Days) 10 CDE-11 (HS-Nights) 11

\$275 \$350 \$350 \$125

Registration: Sachuest Lacrosse