

Amy Bokker

Camp Director



Coach Bokker came to George Mason in 1997 and is the winningest coach in the program's history. This tremendous accomplishment can be attributed to her extensive knowledge of the women's game and her ability to relate to today's student-athlete. A native of Phoenixville, Pa.,

she earned All-American honors in lacrosse as a player at William & Mary.

Bokker has coached 26 All-Conference players, including the 2000 Defensive Player of the Year and the 2005 Player of the Year, six All-Americans, and two National Team players in her nine years at Mason. Bokker was named CAA Coach of the Year in 1997.

For More Information

Call or email Brooke McKenzie
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 or Liz Schaffner
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Make Checks Payable to:
Change Your Level Lacrosse

Mail to:

Change Your Level Lacrosse
 George Mason University
 4400 University Dr. MS 3A5
 Fairfax, VA 22030

Name _____
 Address _____
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 State/Zip _____
 Home Phone _____
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 Birthdate _____
 H.S. Graduation Year _____
 School _____
 Years of Experience _____
 Position _____

Check one:

- July 14-17 \$165
 July 21-24 \$165

Circle one:

Shirt Size S M L XL

For Office Date _____
 Use Only Deposit _____

REGISTER ONLINE NOW
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Change Your Level LACROSSE

SUMMER CAMPS



July 14 - 17
 6 p.m. - 9 p.m.

July 21 - 24
 6 p.m. - 9 p.m.

Our Mission

Our mission at **Change Your Level Lacrosse** is to enhance your daughter's knowledge of the women's game in a fun and positive environment. We will emphasize the importance of fundamental skills while teaching them techniques and strategies necessary to compete in game situations. Our goal is to make sure each camper is on their way to reaching their full potential as a lacrosse player while having fun at the same time.

What to Expect

Change Your Level Lacrosse will help your daughter to learn:

- * Basic and advanced stickwork
- * Shooting and trick shots
- * Attacking techniques
- * Defensive footwork and positioning
- * Team offensive and defensive strategy

Equipment

Campers are expected to provide their own stick, mouthguard, goggles, cleats/running shoes. Goalkeepers must provide their own equipment.

Dates & Fees

July 14 - 17 (Rain date 18th) 6 pm - 9 pm
or

July 21 - 24 (Rain date 25th) 6 pm - 9 pm

Ages: 8 - 18

Fee: \$165

Non-refundable registration fee: \$50

Players will be divided among different fields according to skill level. The camp will offer a curriculum for girls new to the sport of lacrosse and a curriculum designed for girls who have solid individual stick skills and are ready to apply those skills to game situations. Both camps are open to new players and players looking to make the transition from junior varsity to varsity as well as players looking to make the transition into college.

Medical Attention

For campers who register by mail:

A medical release form will be forwarded via email for completion along with a confirmation letter and directions to camp.

For campers who register online:

All medical information is filled out online at the time of registration. Nothing will be sent via mail.

****A certified trainer will also be available on site to administer attention to minor injuries.***

Goalie Academy

Meg Dentler, the 2005 CAA Player of the Year and two time All-American at George Mason, will be offering specialized attention to the goalkeeper position. Goalies of all levels will be given training involving development of their individual technique as well as instruction in game like situations. In addition to focusing on individual instruction, each goalie will participate in shooting drills as well as drills designed to include the goalies as an integral part of a team defense.

Location

Change Your Level Lacrosse will be held on the campus of George Mason University behind the Field House Complex on the artificial turf surface.

Coaching Staff

The coaching staff will be led by current George Mason lacrosse assistant coaches, Liz Schaffner and Brooke McKenzie. Schaffner is a graduate of Loyola College. She played four seasons of lacrosse for Loyola, during which her team lost just 13 matches. McKenzie hails from a similar winning background while attending James Madison University from 2002-2006. While Schaffner has been responsible for the George Mason defense, the Patriots have developed a reputation for being one of the nation's toughest defensive squads. Schaffner and McKenzie will be assisted in coaching at the **Change Your Level Lacrosse** camps by current and former members of the Mason lacrosse team.