



198 College Hill Road
Clinton, NY 13323

Excel Lacrosse Camp



HAMILTON *Excel Lacrosse Camp*

*Top Flight Instruction from
Outstanding Coaches*

Session Dates:

July 10 - July 13, 2016

For further information, please contact:

Scott Barnard

Hamilton College Athletics

198 College Hill Road, Clinton, New York 13323-9989

Telephone: 315-859-4531

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<http://www.hamilton.edu/summercamps>

Mike Vorgang

518-372-3913 • vorgs5@yahoo.com



CAMP PROGRAM HIGHLIGHTS

A Complete Experience

Hamilton Excel Lacrosse Camp is an overnight or day camp for male lacrosse players, boys entering 4th grade through boys entering 10th grade. Staffed by college and high school coaches and top-level collegiate players, Hamilton Excel Lacrosse Camp offers players the opportunity to learn from the best!

Camp participants are taught the techniques and fundamentals of lacrosse necessary to help them reach the next level of their game. At Hamilton Excel Lacrosse Camp, every athlete is provided with the best instruction in all aspects of the game (team play, face-off, goalie play, shooting, defense, offense, and transition, riding and clearing). This is accomplished through fundamental work of specific position areas at established stations in the morning, transition, and fast break work in the afternoon, and games in the evening. Parents and spectators are always welcome.

Our lacrosse camp also features a camp store run by **GRAPH-TEX Sports**.

The camp store will feature a wide variety of shafts, heads, gloves, helmets, etc



Other Features

- Reversible Jersey
- Indoor training available
- Certified Athletic Trainer on duty
- Radar Gun
- Camp Store
- Eight-lane indoor swimming pool



DAILY TRAINING SCHEDULE

8:00 a.m.	Breakfast	2 to 4 p.m.	Group work, buildup drills, game competition
8:30 a.m.	Day Campers arrive	5:00 p.m.	Dinner
9 to 11 a.m.	Technical coaching and individual skill instruction	6:30 p.m.	Lacrosse Games
12:00 noon	Lunch	8:30 p.m.	Recreation - Movies, Pizza, Camp Store
1:00 p.m.	Recreation time, swimming, etc.	8:30 p.m.	Day Campers depart
		10:30 p.m.	Lights out

COST OF THE PROGRAM, REGISTRATION, ARRIVAL / DEPARTURE TIME, TO APPLY

Cost of the Program

The total cost for the July 10 - July 13, 2016, Hamilton Boys Excel Lacrosse Camp is \$450 for Boarders and \$350 for Non-Boarders. **There is an early bird special – you will receive \$25 off if registered before May 1, 2016.**

The fee includes use of all facilities, meals (three meals a day for Boarders, two meals for Non-Boarders), sleeping accommodations (for Boarders only), instruction, films, lectures, reversible jersey.

Registration

The Hamilton Boys Excel Lacrosse Camp will begin with registration from 2:30 p.m. to 4:00 p.m. on Sunday, July 10, 2016. A welcome meeting will take place on Steuben Field, at 4:15 p.m. on Sunday. If you are arriving late call 315-430-8611. The late registration will be from 6:00 p.m. to 7:00 p.m. Camp will end on Wednesday afternoon, July 13 at 3:00 p.m. Enrollment is limited - so sign up today!

Arrival and Departure Time for Non-Boarders

Non-Boarding campers are asked to arrive between 8:30 a.m. and 9:00 a.m. and depart between 8:00 p.m. and 8:30 p.m.

To Apply

To apply, simply fill out the online application at www.hamilton.edu/summercamps and submit your payment. You will also need to send us a Parental Permission/Hold Harmless form and a Health form, both of which can also be found on our website.

Mail to: **Scott Barnard, Camp Director**
Hamilton College Boys Excel Lacrosse Camp
198 College Hill Road, Clinton, New York 13323-9989

THE STAFF



Scott Barnard, Camp Director

Barnard is in his 10th year as the head men's lacrosse coach at Hamilton College and has won 66 games. The Continentals have advanced to the NESCAC Championship quarterfinals three times in four years under Barnard. His players have received 28 all-conference honors, including one on the 2015 NESCAC first team, and John Zimmerman '15 was named MVP of the 2015 USILA Division III North/South Senior All-Star Game. Jon Leanos '12 was selected a first team All-American and the NESCAC Player of the Year in 2012. In 2005 Scott coached his Herkimer College team to a National Championship, the college's ninth overall. In 2003 he was the assistant coach that helped guide the Generals to an undefeated season and another National Championship. As a lacrosse player, Scott was the captain of the 1992 and first undefeated National Championship team at Herkimer. At the University of Delaware, he was a team captain and an all-conference first team selection. In 2009 he was inducted in the Jamesville-Dewitt High School Hall of Fame.



Mike Vorgang, Camp Director

He is in his 23rd season as the head lacrosse Coach for the boys' varsity lacrosse team at Niskayuna High School. This past season Mike guided his team to their first New York State High School Class A Championship by defeating West Genesee 13-10. Mike is also an 14-time Section II champion, and 3-time NY State Finalist. He has coached 40 high school All-Americans, 14 Under Armour All Americans, and over 100 high school All-League players. Mike has received Section II Lacrosse Coach of the Year 19 times and was inducted into the Adirondack Lacrosse Hall of Fame in the Class of 2009.



Matthew Johansmeyer is in his second year as an assistant on the Hamilton College men's lacrosse coaching staff. Johansmeyer helped the Continentals to eight wins and the quarterfinals of the NESCAC championship in 2015. One Hamilton player received NESCAC all-conference and ECAC Division III New England all-star team honors in Johansmeyer's first season with the team. Johansmeyer was an assistant coach at Bowdoin College in 2013 and 2014. He helped guide the Polar Bears to 17 wins and they were ranked in the Division III Top 20 coaches poll both seasons. He coached an honorable mention All-American in 2014. Johansmeyer was an assistant at Clark University in 2011 and 2012. He was part of the coaching staff that received NEWMAC Co-Coach of the Year honors his first year. Johansmeyer was a four-year varsity letter winner at Plymouth State University and served as a men's lacrosse team representative on the Student-Athlete Advisory Committee from 2006 to 2010. He was a Panther Award recipient and a team captain his senior year. Johansmeyer helped Plymouth State to three Eastern College Athletic Conference championship appearances, including a 2007 title. The team tied a program record with 12 wins the following year. He finished his 67-game career with 29 goals, 25 assists and 72 ground balls.

John Giordano is in his second year as an assistant on the Hamilton College men's lacrosse coaching staff. Giordano was a volunteer assistant coach at Utica College in 2014. Giordano coaches with United Lacrosse in Syracuse. He has been coaching at the modified and junior varsity level at New Hartford High School since 2007 and has worked with the New Hartford Summer Lacrosse Clinic since 2006. Giordano played midfield and attack at Utica from 2007 to 2010.

Brandon Misiaszek is in his second year as an assistant coach at Utica College. Misiaszek was named the Most Outstanding Player of the 2009 national championship game when Cortland defeated Gettysburg College 9-7 for its second CAA crown, he was named a third-team All-American at midfield, and played in the Division III North-South college all-star game.

Scott Petrie is the head coach at Johnstown High School, he also spent four years as an assistant coach at Salisbury College where he helped coach them to two National Championships. As a player he was a Captain, two-time All-American, and a two-time National Champ at Salisbury also he won a National Championship while at Herkimer Community College.

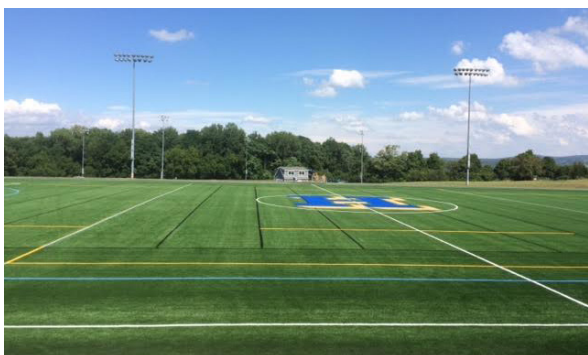


THE LOCATION

Hamilton College is located in the Village of Clinton, New York, approximately 10 miles south of Utica and 45 miles east of Syracuse. The attractive campus, located on College Hill overlooking the Oriskany and Mohawk Valleys, features excellent learning and recreational facilities and modern dormitory accommodations. Nearby Utica is located on a main corridor of Amtrak and is provided with excellent passenger train service. Major bus company stops are also in Utica. The College is easily accessible by air, rail, bus and automobile. Boston, New York and Philadelphia are all within a five-hour drive.

Residence Halls and Dining Facilities

The College provides many different housing options. Rooms range from singles to quads and offer accompanying lounges, recreation areas and kitchenettes. Food service is cafeteria style. Campers choose from a variety of hot entrees, vegetables, a salad bar, desserts and beverages. Unlimited seconds are offered on all items. The food is great and there is plenty of it!



THE CAMPUS

Chartered in 1812, Hamilton enjoys a national reputation as a highly selective, independent co-educational liberal arts school.

Hamilton's facilities make possible virtually any type of organized athletics. The facilities include a 50,000 square-foot field house, two artificial turf playing field, acres of natural turf fields, outdoor tennis courts, a hockey rink, racquetball and squash courts, a gymnasium, an all-weather outdoor track, a nine-hole golf course, weight rooms and training rooms.



HAMILTON

Excel Lacrosse Camp

For Boys *entering* 4th through 10th grade

Go to our website to register online:

www.hamilton.edu/summercamps

All Campers must submit a camp health form with current and accurate medical information. You may submit a photocopy of your child's Record of Immunizations (may be obtained from your physician) in lieu of completing the immunization section of the form. The immunization record must include dates. All campers must also submit a Parental Permission/Hold Harmless Agreement. Both forms can be found on the Summer Camps website.