

Camp Directors

Skip Lichtfuss

*Hanover College
Men's Lacrosse Coach*



Head Coach Skip Lichtfuss is a 1993 inductee into the U.S. Lacrosse National Hall of Fame. He has served as a coach at every level of play — from youth leagues to the national team, as well as a member of the U.S. national team's coaching staff for the World Championships in 1994. Lichtfuss guided Mount Washington for nearly 20 years, leading the squad to three USCLA titles as a coach while producing 11 national team players. He also served two seasons as general manager of the MILL's Pittsburgh Bulls and coached six all-pro players while leading the Baltimore Thunder for three seasons.

A member of the U.S. Lacrosse Board of Directors between 2000-08, he has also been a member of the organization's hall of fame selection committee since 1999. Lichtfuss is the only coach to be a member of the selection committee for every U.S. national team since 1986. He is a member of the Virginia Lacrosse Hall of Fame, Greater Baltimore Chapter of the U.S. Lacrosse Hall of Fame and the Washington & Lee University Athletic Hall of Fame.



Shane Anderson

*Hanover College
Assistant Men's Lacrosse Coach*



Coach Shane Andersen joined the Hanover staff in 2011 after serving as an assistant coach with the boys' lacrosse program at Trinity High School in Louisville, Ky. While at Trinity, he helped lead the Shamrocks to the Kentucky state finals. A 2010 graduate of Bellarmine University (Ky.), Andersen was an attackman with the Knights. He capped his playing career ranked fourth in Bellarmine history with 90 points and fifth in career goals with 62.

A native of Denver, Colo., Andersen was an all-state and all-conference performer at Mullen High School. He also was a member of Team Colorado. In addition to his recent work at Trinity, he served as head coach of the Bluegrass Bats, an elite travel team based in Louisville, Ky.



Hanover College Campus

Additional Information

- Download application at: hanover.edu/athletics/summercamps
- Special 30-minute session for parents with how-to handbook
- Camp store stocked with beverages and snacks in dorm
- Staff is comprised of current and former NCAA D1 and D3 players
- Camper to staff ratio of 8:1
- Reversible camp jersey provided
- Hanover College is only a short drive from Indianapolis, Louisville or Cincinnati. For directions to campus, visit: hanover.edu/about/hanover/directions.



Tried & True Lacrosse Camp



PO Box 108
Hanover, IN 47243

Phone: 812-866-7377

hanover.edu/athletics/summercamps

andersen@hanover.edu

TRIED & TRUE LACROSSE CAMP



**HANOVER
COLLEGE**



MISSION



To teach the fundamentals of lacrosse, proven over time. To establish a basis for growth and passion for the game.

Regardless of skill level, the objective is to foster life-long enthusiasm for lacrosse, its traditions and heritage.

PHILOSOPHY



The teaching philosophy of the **Tried & True Lacrosse Camp** is simple: fundamentals and repetitive skills work are the building blocks for success in any endeavor.

The **Tried & True Lacrosse Camp** focuses on principles and skill development necessary to form the best habits possible to enhance your potential as a player. Coach Skip Lichtfuss of Hanover College has gleaned these fundamentals and skills from 50 years of playing and coaching lacrosse at every level of the game.



CAMP FEATURES



Age Levels

For boys entering the 6th-12th grades in the fall of 2012. Groupings made according to age and skill level.

Housing

Campers will be housed in a dormitory on campus within a short walking distance to the fields and dining hall. There will be two campers assigned to each room and campers can request their roommate by filling out each other's names on the application form. Special requests can be made to add a third roommate. Camp counselors will monitor the dorms throughout the night and at all times campers are present in the dorms.

Meals

Meals will be served in the Brown Campus Center. A concession stand will be available at the dorm at various times throughout the day. Water coolers will be set up and available at all times.

Medical needs

A camp trainer will be on duty throughout each lacrosse session. All medication must be checked in with the trainer at camp check-in.

Camp Cost

The cost for the camp is **\$350.00** and includes room and board, individual, group and team instruction, guest speakers, a camp reversible jersey and a player evaluation.

Day camp cost is \$290.00.



DAILY SCHEDULE



7:00-8:00	Breakfast
8:00	Day Campers Arrive
8:30-10:30	Session 1: Individual/Group Instruction
10:30-11:30	Positional Field Work
11:30-12:30	Lunch
12:30-1:30	Break Time, Demonstration, Positional, Group Work
1:30-3:30	Session 2: Positional Stick Work, Transition, Team Play
3:30-4:00	Individual Instruction, Contests, Shooting
4:00-5:00	Downtime
5:00-6:00	Dinner
6:00-8:45	Session 3: Team Concepts, Games, Tournament
9:00	Day Campers Depart
9:00-10:00	Evening Activities: Film, Basketball, Movies
10:00-10:30	In rooms
10:30	Lights Out

CHECK IN/CHECK OUT

Sun.:	Check in 3:00 p.m. - 5:00 p.m. Evening Session 6:00 p.m. - 8:45 p.m.
Mon./Tues.	All Day 7:00 a.m. - 10:30 p.m.
Wed.	8:30 - 10:30 a.m. - Check Out

Hanover College Summer Camp Goals

- **Have FUN.** Lacrosse is a great game. If you attend our camp, we want you to enjoy being around lacrosse and create positive memories that can last a lifetime.
- **Be SAFE.** Creating a safe environment both on the field and in the dorms is a top priority. Proper supervision of campers will be maintained at all times.
- **Teach FUNDAMENTALS.** Our coaches' instruction will help you to improve.

