

# AMONTE SPORTS GIRLS LACROSSE CAMPS 2007

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**WORK WITH KELLY AMONTE-HILLER, HEAD COACH OF THE BACK-TO-BACK NATIONAL CHAMPIONSHIP NORTHWESTERN WILDCATS!**

THREE SITES: GREEN VALE SCHOOL; NORTHWESTERN UNIVERSITY; MILTON ACADEMY



## TRAIN WITH CHAMPIONS

As a college coach, Kelly Amonte-Hiller is famous for her ability to transform good athletes into great lacrosse players through the teaching of skills with her positive philosophy. Back-to-back NCAA Division 1 Championships in 2005 and 2006 for Northwestern University speaks volumes for Kelly and her ability to teach and inspire. Each year, Kelly and the Amonte Sports staff teach campers and future stars the skills to become top players at the collegiate level and beyond. Unlike other camps, Kelly prides herself as a hands-on teacher, develops all lesson plans and makes a concerted effort to get to know each and every camper.

**Kelly's goal is a simple one: to have each camper leave camp with a greater love for the sport of lacrosse and more confidence in her ability.**

## TYPICAL CAMP DAY

While there are subtle differences between camps, the following description provides a glimpse into the Amonte Sports lacrosse curriculum. Morning sessions focus on individual skills and small space techniques (offensive moves, one-on-one defense, scoring, feeding, off ball movement, conditioning techniques and more.) After lunch, team concepts are introduced and reinforced (double teams, team offense, team defense, fast breaks and team play.) Evening sessions include full-field play and emphasize team interaction and learning. Our campers love playing against our all-star staff and nightly camper/counselor challenges provide ample opportunity for them to play against some of the world's best. Our camps feature sessions on the latest stick work and drills that campers can continue at home long after camp is over.

## GOALIE TRAINING

Amonte Sports Goalie Camps provide an intensive, individualized training program for aspiring goalies. Goalie camps run alongside the player's camp and provide multiple opportunities to be integrated into team and game situations. Individual concepts include: eight-meter situations, reactions, angles, stick work, movement outside the cage and crease rolls. Team concepts covered are: communication, directing the defense, clearing, person-down situations and full field play focusing on team interaction and learning. Mental and focusing exercises provide peak performance training for goalies of all ages. Each camper receives a journal of drills and concepts to take home and is taught how to string a goalie stick.

## CAMP DIRECTORS

- **KELLY AMONTE-HILLER**, Head Coach Northwestern University
- **ALEXIS VENECHANOS**, Head Coach University of Massachusetts
- **ACACIA WALKER**, Assistant Coach Northwestern University and US National Elite Team Member
- **LINDSEY MUNDAY**, Assistant Coach Northwestern University, two-time NCAA lacrosse champion at Northwestern, two-time first team All-American and US National Elite Team Member



LACROSSE



## 2007 AMONTE SPORTS LACROSSE CAMP LOCATIONS, DATES & FEES

- **Northwestern "Best of the Best", Evanston, IL** – June 25-28, 2007, \$495 (overnight); \$395 (commuter); Goalie Camp: \$545 (overnight); \$445 (commuter)
- **Northwestern Elite, Evanston, IL** – June 29-July 1, 2007, \$495 (overnight); \$395 (commuter); Goalie Camp: \$545 (overnight), \$445 (commuter)
- **Milton Academy Elite, Milton, MA** – July 17-19, 2007, \$475 (overnight); \$375 (commuter); Goalie Camp: \$525 (overnight); \$425 (commuter)
- **Milton Academy Open, Milton, MA** – July 22-25, 2007, \$495 (overnight); \$395 (commuter); Goalie Camp: \$545 (overnight), \$445 (commuter)
- **Green Vale School, Glen Head, NY** – July 30-August 2, 2007, Open: \$250; Elite: \$225; Goalie Camp: \$300 (open), \$275 (elite)

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