

The MCC Lax Camp will be held at
Monroe Community College
located at 1000 East Henrietta Rd
Rochester NY 14623.
PAC Center
Parking Lot G

Parent Waiver:
I, the parent/guardian of

accept full responsibility for injuries that
may occur as a result of participating in The
MCC Lacrosse Camp.

I agree and endorse participation with the
understanding that the camp directors,
coaches and the sponsoring agency are not
liable for injuries or medical expenses. My
child is in good health and has no physical
condition that would prevent him from par-
ticipating in The MCC Lacrosse Camp.

**Accident and health insurance is not
provided by this camp.** Campers are re-
quired to provide their own personal cover-
age.

Signed:

Print:

Name of Medical Insurance:

Policy

Academy Staff

Director : Rocky Delfino

Coach Delfino begins his eighth season as head coach of the MCC men's lacrosse team. He led the Tribunes to an NJCAA national final four appearance in 2004. He was voted Region III Coach of the Year in 2004 and 2005. MCC also reached the Region III final four in 2005, 2006, and 2007. Coach Delfino is highly regarded at all levels in the lacrosse community.

Camp Staff: John Pratt

Coach Pratt has 38 years of experience coaching lacrosse. He compiled a 431-113 record and 11 Section V titles as head coach at West Irondequoit. He is one of only 11 coaches in the nation with over 400 wins. Coach Pratt is the offensive coordinator of the Tribunes.

Camp Staff: Craig Stewart

An All American goalie at Ithaca College and a Penfield Youth Lacrosse Coach, coach Stewart is in his fourth year with the Tribunes. He will be working with the goalies.

Camp Staff: Justin Ross

Justin is a former MCC and RIT lacrosse player. He is currently the defensive coach at MCC.

**We believe a low staff to player ratio
assists in achieving best results. Many
current and former MCC players will be
on hand to assist with coaching.**

MCC Lacrosse Camp February Break 2010



**Monday – Thursday
February 15th- February 18th
2010**

**3:00 pm- 5:00 pm
Grades 3rd-9th**

**MCC
PAC Center
Parking Lot G
1000 East Henrietta Rd
web.mac.com/xdawg**

Camp Philosophy

The MCC Lax Camp addresses skill development in all phases of the game through creative, safe, and engaging activities.



Camp Policies and Recommendations

- Boys may attend if they are in 3rd through 8th grade.
- Campers will be divided up according to grade and ability.
- Campers must wear sneakers. **No Cleats** are allowed in the Field House.
- Campers must bring all Lax Gear.
- Mouth pieces are required.
- Please bring labeled water bottles. No sports drinks are allowed in the MCC Field House.



Direct Inquiries to:

Rocky Delfino 292-2844

rdelfino@monroecc.edu

Websites:

web.mac.com/xdawg

www.monroecc.edu



Registration Form



Registration Fee \$70.00

Players Name: _____

Address: _____

City/Town: _____

Zip: _____ Phone: _____

Cell/Emergency Phone: _____

Parents Name: _____

Email Address: _____@_____

Date of Birth _____

Grade: (Sept., '09) _____

Years at this Camp _____

How did you hear about this Camp ?

E-mail Newspaper Mailer

Medical information coaches should be aware of

Please send completed form and check payable to R Delfino to:

The MCC Lax Camp
565 Raspberry Patch Dr
Rochester NY 14612

Pre registration fee for Camp is \$70.00
Registration after 2/8/10 is \$80.00