

ADK POWER

Presented by The Albany Power Lacrosse Club

2009 SUMMER U-15/18

DEVELOPMENT PROGRAM

MANDATORY MINI-CAMP AND TRYOUT

Thursday, JUNE 11, 2009

AT Glens Falls HS, Turf Field

5:00-8:00 PM (REGISTRATION AT 4:30 PM)

MINI-CAMP/TRYOUT FEE: \$25 PAYABLE TO ALBANY POWER LC

SUMMER DEVELOPMENT PROGRAM

(BY INVITATION ONLY)

JUNE 17-July 29, 2009

1:8 TYPICAL COACHING RATIO

Wednesday & Thursday NIGHT PRACTICES AT Glens Falls

PARTICIPATION IN TWO WEEKEND TOURNAMENTS

EQUIPMENT PACKAGE FOR NEW PLAYERS (SHORTS, REVERSIBLE JERSEY)

PLAYER FEE: \$640*

FAMILY DISCOUNTS AVAILABLE (SEE FAQ'S ON WEB SITE FOR REGISTRATION INSTRUCTIONS)

*FEE DOES NOT INCLUDE THE COST OF US LACROSSE MEMBERSHIP and additional cost for participation in more than two tournaments.

PROGRAM OVERVIEW

The ADK Power Summer Development Program is for the serious lacrosse player who is interested in developing both individual and team skills under the supervision of a highly qualified coaching staff. In addition to two highly structured weeknight practices, each participant will participate in 2-4 weekend tournaments.

The ADK Power program is being presented by the Albany Power coaching staff with the help of selected local high school coaches. The program will focus on individual skill development with well designed high repetition drills. The format of the program will be the same as the Albany Power Lacrosse Club.

PROGRAM LOCATION

The ADK Power Summer Development Program will be based at Glens Falls high school in Glens Falls, New York. The Glens Falls facility includes a brand new artificial turf field. Directions to Glens Falls High School are available on the Albany Power web site.

ON-LINE REGISTRATION

To register, or to find out more about the program including a complete calendar of events go to:

www.albanypowerlacrosse.com

PROGRAM DIRECTORS

Mike Vorgang: *Head Coach Niskayuna High school; 8 time Sectional Champion; Produced 19 All Americans in 15 years; 12 Consecutive Division Championships; 11 Time Section II Coach of the Year*

Chris DeLano: *Current Assistant Coach, Niskayuna High school, 2005 & 2008 Assistant Coach of Year; Former Assistant, Siena College Div. I; Former Assistant, Plattsburgh State Div. III; Former All-UCAA Midfielder, Union College. Adirondack Empire Team Coach 2007 and 2008*

The Albany Power coaching staff includes coaches from top area high school (Shaker, Bethlehem, Guilderland, Niskayuna and others) and college programs (RPI) as well as current collegiate and club players from the Capital Region.

The ADK coaching staff will include Albany Power coaches and top area high school coaches:

Scott Comstock – South Glens Falls

Tim Northrup – Glens Falls

Adam Orr – Queensbury

US LACROSSE MEMBERSHIP INFORMATION

To confirm your membership status or to register on-line, go to www.uslacrosse.org the official web site of US Lacrosse

DEVELOPMENT PROGRAM QUICK FACTS

- ◆ US Lacrosse membership required for all activities
- ◆ Two weeknight practices and 2-4 weekend tournaments
- ◆ Register online at:
www.albanypowerlacrosse.com/ADK_Power_home
- ◆ E-mail directors at ADKPower@albanypowerlacrosse.com

Possible TOURNAMENT SCHEDULE *

| | |
|-------------|--|
| June 20-21: | Lake Erie Shootout, Buffalo, NY (U-15 and 18) |
| June 27-28: | Irondequoit Tournament, Rochester, NY (U-15 and 18) |
| July 11-12: | UMass Mid-Summer Classic, Amherst, MA (U-18 only) |
| July 18-19: | Albany Power Shootout at RPI, Troy, NY (U-15 and 18) |
| August 2-5: | Lake Placid Summit, Lake Placid, NY (U-15 and 18) |

*Depending on interest of players