

LAVIN LACROSSE UPSTATE 150 LACROSSE CAMP



DATE: June 14-17, 2010
TIME: 9:00am - 3:00pm
WHO: Lacrosse players in grades 4-12
LOCATION: Burnsville High School
600 E. Highway 13, Burnsville, MN 55337,

CAMP DIRECTORS:
Colin Achenbach - MN Swarm
Greg Downing - LA Riptide

REGISTER TODAY AT
WWW.UPSTATE150.COM
EARLY REGISTRATION!!!
USE THE COUPON CODE "UPSTATE" AND RECEIVE
AN IMMEDIATE \$50.00 DISCOUNT UNTIL MAY 15th!

About our camp:

Upstate 150 Lacrosse Camp is the premiere lacrosse camp in the Midwest offering world-class lacrosse instruction to Minnesota's youth. The camp will benefit players of all ages and abilities with a mix of instruction, drills, competition, and games. All camp attendees will receive an official Upstate 150 lacrosse pinney.

Camp Staff:

Colin Achenbach - MN Swarm, Director of Homegrown Lacrosse. After growing up playing high school in Minnesota, Colin went on to be an All-American at C.W. Post. He has played both professional indoor and outdoor lacrosse and currently plays for the Minnesota Swarm. Colin is also one of the directors of Homegrown Lacrosse providing Minnesota kids with the opportunity to play lacrosse year round through clinics, leagues, and camps.

Greg Downing - Greg Downing of the LA Riptide is returning to Upstate 150 for his 4th year. Greg was a first round draft choice for the Riptide, where he made a huge impact in his rookie year. In 2005, Greg was named a Division I All-American Honorable Mention selection, was voted the Great Western Lacrosse Leagues Offensive Player of the Year, led his team in all offensive categories, and was a driving force in their bid to the NCAA tournament. In 2004 Greg was named GWLL Rookie of the year, and led his team in both goals and points. Greg coaches various camps throughout the country and makes his home in New York City.

Tim Hanley - Tim Hanley, an Upstate 150 regular, is returning for his 6th year. Tim coaches youth lacrosse in Auburn, NY, and runs the Varsity off-season program. A graduate of Geneseo State University, Tim lettered for years four the Blue Knights and played in one NCAA tournament.

Upstate 150 staff also includes several local high school coaches and current college players. In the past, coaches have included players from Denver, Lehigh, and Clarkson and high school coaches from Burnsville, Eastview, Eagan, and Lakeville, as well as personal trainers from local gyms who will help each player reach their full athletic potential.

Camp Highlights:

Lowest coach to camper ratio in the area (6:1) Lowest cost (\$175 early registration)
Personal, small-group instruction by coaches that know your name
Contact: email info@lavinlacrosse.com with any questions.

Join Our Mailing List!



3420 150th St. W. Suite 117, Rosemount, Minnesota 55068
www.lavinlacrosse.com 651-322-1331