

CHAMPION LACROSSE

www.championlacrosse.com

Champion Fall Lacrosse is a premiere lacrosse experience on the stadium turf at Seaholm High School. Our philosophy is to create an unparalleled lacrosse program that includes top instruction on an outstanding field in an environment of positive-reinforcement. We want each participant to have a great time building friendships, lacrosse skills and a passion for the game. We have a very strong track record helping youngsters build self-confidence while having a blast in our programs. This is the perfect time to join!



This is a picture of a 2003 Champion Lacrosse Summer Class

The **Champion Lacrosse Instructional Progression** was designed to help students advance and grow as athletes and lacrosse players. We recommend that all students enroll in a Champion Lacrosse class - even if you have had some previous lacrosse experience. Our staff and our system are the very best. We will help you build a strong foundation. After completing at least one class, students are eligible to participate in the Instructional League. This will continue to build game experience in a educationally focused environment. Most students in this program take a Champion Class concurrently. The next step for many students is the Youth League. This program offers weekly games featuring additional competition. We recommend players in this program take a class concurrently as well. This offers the best value for mom and dad while continuing to focus students on the basics. Students who complete this progression are well prepared for competitive Middle School, JV and Varsity leagues.



LACROSSE CLASSES

The Instructional Classes are for boys and girls who are 5 years old and up. No prior lacrosse experience is necessary. This program will introduce **beginning students** to the game and advance **intermediate students** to the next level. New for this fall - **advanced students** will be grouped together, and they will complete a high-level curriculum that focuses on more complicated offensive, defensive and transition strategies. All participants will receive a **free lacrosse stick** on the first day. We will focus on having fun, learning basic skills, and instilling a love for the game. Players will be divided by ability and assigned to weekly groups with their friends. There is one class for Kindergarten through 2nd graders, one for 3rd - 5th graders and one for Middle School/High School students. Select the Saturday or Sunday class. (Grade level is determined by class in the fall of '03)

➤Saturday K-2 ➤Saturday 3rd - 5th ➤Saturday M/S & H/S
Saturday Class 1 - 2 PM September 6 - October 25

➤Sunday K-2 ➤Sunday 3rd - 5th ➤Sunday M/S & H/S
Sunday Class 1 - 2 PM September 7 - October 26

Cost: \$150 (Includes Free Lacrosse Stick)

INSTRUCTIONAL LEAGUE

The Instructional League is open to players who have completed a Champion Lacrosse Instructional Class (Summer '02 or '03, Fall '02, or Winter/Silverdome '02-03). There is one game each week, and there are 3 levels. All instructional league games are on Saturdays from noon to 1 PM. All players will receive a **free lacrosse stick** on the first day. Three simultaneous games will be played each week. Several teachers will coach on the field to provide continued instruction and support during the game. These instructional games are similar to the ones played during the game-play station of the instructional class (except these games are one hour in duration).

- Equipment Instructional League (Boys)
- Non Equipment Instructional League (Boys and Girls)
- Girls Instructional League

Cost: \$150 (Includes Free Lacrosse Stick)

YOUTH LEAGUE

We are very excited to introduce our Youth League Division. This league is for students in 3rd - 5th grade who have some lacrosse experience. This program is intended to be the next step for students who have completed some Champion Lacrosse Classes along with the Instructional League. Players in this program will be **divided onto season-long teams** with their friends after the first week. Each team will play games every weekend under the guidance and instruction of an outstanding coach. Students who have participated in other leagues and camps are also welcome. Full lacrosse equipment is required for this program.

- Girl's Youth League ➤Boys Youth League
- Saturdays 2 - 3 PM from September 6 - October 25

Cost: \$150
(Includes Free Lacrosse Stick)

NEW FOR FALL '03

CLASS AND LEAGUE PACKAGE DEAL

This package program offers the best deal for the fall of 2003. Players participate in one hour of instructional class (selected from the Saturday or Sunday K-2, 3-5 or MS/HS programs) as well as one hour of league play (selected from the Instructional League or the Youth League) for a total of 2 hours per week. Note that this option is open to students who have already completed at least one Champion Lacrosse instructional class.

Cost: \$210 (Includes Free Lacrosse Stick)

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Free Lacrosse Stick



All participants receive a free lacrosse stick on the first day.



www.warriolacrosse.com

Director of Instruction

Aaron Frank is the director of the program. Coach Frank has 12 years of varsity coaching experience. He has taught hundreds of students how to play lacrosse, and dozens have gone on to become college players. His credits include:

- 12 Season Head Coach of Birmingham Lacrosse.
- Athletic Director, Seaholm High School
- US Lacrosse Century Club
- Past president of the Michigan Scholastic Lacrosse Association.
- 1993, 1997 US Lacrosse Coaches Assn. Coach of the Year for Michigan.
- 1998 Michigan High School Coaches Assn. Lacrosse Coach of the Year.
- 2000 Michigan Scholastic Lacrosse Association Class A Coach of the Year.
- 2002 MSLA Division 1 Coach of the Year.
- 2002 Midwest Scholastic Lacrosse Association Coach of the Year.
- 2002 US Lacrosse Coach of the Year for Michigan.
- 2002 State Champion.



If you need equipment this fall, visit Detroit Lax at www.detroitlax.com



Complete this entire form. **Please print clearly.**

Name _____ Student Email _____

Parent Email 1 _____ Parent Email 2 _____

Address _____ City _____ Zip _____ Phone (____) _____

Birth Date ____/____/____ Grade Next Fall _____ School _____

Year of High School Graduation _____ (12=2004, 11=2005, 10=2006, 9=2007, 8=2008, 7=2009, 6=2010, 5=2011, 4=2012, 3=2013, 2=2014, 1=2015, K=2016)

Please select a program. If you are enrolling in Class and League Package, please select one of each.

Classes

- Saturday K-2 Instructional Class
- Saturday 3rd – 5th Grade Instructional Class
- Saturday M/S – H/S Instructional Class
- Sunday K-2 Instructional Class
- Sunday 3rd – 5th Grade Instructional Class
- Sunday M/S – H/S Instructional Class

Leagues

- Girls Instructional League
- Non-Equipment Instructional League (Boys and Girls)
- Full Equipment Instructional League
- Boys Youth League
- Girls Youth League

Class and League Package (Don't forget to choose one class and one league.)

Payment: Please make checks payable to "Champion Lacrosse."
 Instructional Class (and a stick).....\$150
 League (and a stick)..... \$150
 Class and League Package (and a stick).....\$210

Please check our web site for updates: www.championlacrosse.com We will communicate via email, so please make certain that the email address you have provided is accurate.

Your completed form and check payable to "Champion Lacrosse" are accepted on a first-come, first-served basis. Mail this form to Champion Lacrosse 30800 Telegraph, Suite 3833. Bingham Farms, MI 48025