

ADK POWER

Presented by The Albany Power Lacrosse Club

2011 SUMMER U-18/15/13

DEVELOPMENT PROGRAM

MANDATORY MINI-CAMP AND TRYOUT

Tues JUNE 7th, Tues June 14th, and Weds June 15th

At Glens Falls HS, Turf Field

U-18 4:30-6:00 PM (REGISTRATION AT 4:00 PM)

U-13/15 6:00-7:30 PM (REGISTRATION AT 5:30 PM)

MINI-CAMP/TRYOUT FEE: \$40 PAYABLE TO ALBANY POWER LC

SUMMER DEVELOPMENT PROGRAM

(BY INVITATION ONLY)

JUNE 7th – July 27th, 2011

1:8 TYPICAL COACHING RATIO

Tuesday & Wednesday 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 new artificial turf field and grass fields. 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

Power PROGRAM DIRECTORS

Mike Vorgang: *Head Coach Niskayuna High school; 9 time Sectional Champion; Produced 22 All Americans in 16 years; 13 Consecutive Division Championships; 12 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.

ADK Power Coordinator

Tom Schwan: *Head Coach Burnt Hills-Ballston Lake HS; 1998 Section II Champion; Head coach ADK Empire team 2007 and 2008; Founder of CDYLL; 2000 Section II man of the year; 2 time Section II Coach of the Year; Head Coach 1999 National North/South game; NSCA Certified Strength and Conditioning Coach.*

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

Tom Schwan – Burnt Hills/Ballston Lake
Jason Gifford – Shenendehowa
Scott Comstock – South Glens Falls
Tim Northrop – Glens Falls
Adam Orr – Queensbury
Jim Kietzman - Queensbury
Curtis May – Glens Falls
Pete Hoffman – Glens Falls

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 questions to: coachorr@albanypowerlacrosse.com

Quick Facts and FAQ's:

- **What is the mini-camp/try-out for?**
 - It is an opportunity for the boys to decide whether or not they like the program. If they decide not to participate, we will refund the deposit.
 - It is an opportunity for the coaches to evaluate the players to determine whether or not the program is appropriate for them.
- **U-15's and U-13's will attend two tournaments:**
 - NEYLC tournament at UMass, July 9th-10th
 - RPI Shoot-out, July 16th-17th

*If enough boys are interested we could attend an additional tournament, Summer Slam in Philadelphia Pa. June 25th-26th. (For an additional fee)
- **U-18's will attend three tournaments:**
 - Summer Slam, June 25th - 26th
 - Mid-Summer Classic at UMass, July 9th - 10th
 - RPI Shoot-out, July 16th-17th

* If enough boys are interested we could attend an additional tournament, Finger Lakes Showcase in Syracuse on July 31st or Lake Placid Tournament August 1st-3rd. (For an additional fee)
- **U-15's and U-13's will practice from 6:00-7:30pm. See online calendar for dates.**
- **U-18's will practice from 4:30-6:00pm. See online calendar for dates.**
- **Program Cost:**
 - U-13's and U-15's **\$640**
Includes practices, 2 tournaments, practice pinney. (1st year players will receive game shorts)
 - U-18's **\$745**
Includes practices, 3 tournaments, practice pinney. (1st year players will receive game shorts)
- **Payment schedule: 40% of total due before mini-camp (deposit), 30% due on June 29th, 30% due July 13th.**
- **ADK Power program is part of the Albany Power Lacrosse Club, so all sibling discounts apply. If a boy has a brother or sister that participates in any of the Albany Power Club programs (ADK Power, Power Girls, Albany Power) he will receive a 20% discount. A third child receives a 30% discount.**
- **More information and the summer program calendar can be found on our website:**

www.albanypowerlacrosse.com