



Power Girls Program Summer 2012

Quick Facts:

Teams

This summer the Power Girls program will offer teams for girls graduating in 2015, 2016, 2017, 2018 and 2019. We have registered teams at each level for tournaments. Team size will be 16-18 girls.

Tryouts

Tryouts are at RPI on Sunday May 13th, Sunday May 20th, and Tuesday May 29th. Exact times will be published on our website in April. There is a \$40 fee to tryout.

Practices

All Albany Power Girls practices will be at RPI, featuring three state-of-the-art turf fields and two grass fields. Girls will practice two days a week in June and July. The Power Lacrosse philosophy is for each player to receive coaching from all of the coaches in our program. Every team, oldest to youngest, will receive coaching from our top coaches. The Albany Power practices are fast paced, with a low player to coach ratio and include high repetition drills to maximize the players' touches on the ball. The Power girls coaching staff believes that by the end of the summer the girls will greatly improve as both individual and team players.

Coaching staff

Leslie DeLano – Head coach RPI. Former assistant coach at Washington College. 1st team All-American and National Goalkeeper of the Year at William Smith College.

Abi Jackson – Head coach Union College. Former head coach at Roger Williams and Plymouth State Colleges. Former Goalkeeper at Williams College.

Elizabeth Ghilardi – Head coach at Skidmore College. Former coach at Robert Morris and Connecticut College. Regional 1st team All-American attacker at Colby College.

Lily Corrigan – Bethlehem girls lacrosse program coach. Graduate of Harvard University. Graduate of Bethlehem HS.

Kayla Treanor- Member of Gold Medal US National U-19 team. Will play collegiate lacrosse at Syracuse University. 2011 graduate of Niskayuna HS.

Ritchie Assini – Will play collegiate lacrosse at Johns Hopkins University. 2011 graduate of Niskayuna HS.

Katie Hannan – Goalie at Div II CW Post. Graduate of Saratoga Springs HS.

Tournaments

2015's and 2016's will attend:
NE Challenge, Star-Spangled, Summer Splash

2017's, 2018 and 2019's will attend:
ADK Classic, Star-Spangled, Summer Splash

Cost

\$740

Cost includes practices, uniform, goggles for new players and three tournaments. All Sibling discounts apply between girls and boys programs.

For more information and to register please visit our website:

www.albanypowerlacrosse.com