

ALBANY POWER

2009 SUMMER U-13 & U-15 DEVELOPMENT PROGRAM



MANDATORY MINI-CAMP AND TRYOUT

- ▶ SATURDAY, MAY 16, 2009, 6:00-8:00 PM (REGISTRATION AT 5:30 PM)
- ▶ SUNDAY, MAY 17, 2009, 9:00-11:00 AM
- ▶ AT RPI, HARKNESS FIELD
- ▶ MINI-CAMP/TRYOUT FEE: \$40 PAYABLE TO ALBANY POWER LC

SUMMER DEVELOPMENT PROGRAM

(BY INVITATION ONLY)

- ▶ MAY 24 - JULY 28, 2009
- ▶ 1:9 TYPICAL COACHING RATIO
- ▶ PRACTICES AT RPI (SEE ONLINE SCHEDULE)
- ▶ PARTICIPATION IN THREE WEEKEND TOURNAMENTS
- ▶ EQUIPMENT PACKAGE FOR NEW PLAYERS (HELMET, SHORTS, REVERSIBLE JERSEY)
- ▶ RETURNING PLAYER FEE: \$800*
- ▶ NEW PLAYER FEE: \$980* (INCLUDES EQUIPMENT PACKAGE)
- ▶ NEW PLAYER REFERRAL AND FAMILY DISCOUNTS AVAILABLE (SEE FAQ'S ON WEB SITE FOR REGISTRATION INSTRUCTIONS)

*FEE DOES NOT INCLUDE THE COST OF US LACROSSE MEMBERSHIP

PROGRAM OVERVIEW

The Albany 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 weekly practices, each participant will participate in 3-5 weekend tournaments. Participation in the development program is by invitation only after the mandatory mini-camp and tryout. For purposes of competition, players will be assigned to U-13 & U-15 teams based on their skill level and playing experience. Each team will consist of approximately 22 players with two coaches per team and additional coaching from other members of the Albany Power Staff

PROGRAM LOCATION

The Albany Power Summer Development Program will again be based at RPI in Troy, New York. RPI's facilities include two artificial turf fields as well as grass fields. Directions to RPI 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*

George Leveille: *Vol. Assistant Coach, RPI; former head coach, Adirondack Boys Empire Team, 2003-2004; former Assistant Coach, Albany Academy; Founding director, Albany Capitals Lacrosse Club; Hall of Fame Member, Adirondack Chapter of US Lacrosse*

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.

TENTATIVE TOURNAMENT SCHEDULE

- May 30-31: ADK Classic, Lake George, NY (U13/U15)
- June 13-14: Oswego Tournament, Oswego NY (U13/U15)
- June 20-21: Lake Erie Shootout, Buffalo, NY (U15)
- June 27-28: Irondequoit Tour., Rochester, NY (U13/U15)
- July 11-12: UMass Mid-Summer Classic, Amherst, MA (U13)
- July 18-19: Albany Power Shootout at RPI, Troy, NY (U15)
- Aug. 2-5: Lake Placid Summit, Lake Placid NY (U15)

DEVELOPMENT PROGRAM QUICK FACTS

- ▶ US Lacrosse membership required for all activities
- ▶ U-13 participants must be born in 1996 or later and U-15 participants must be born in 1994 or later
- ▶ Two weekly practices and 3-5 weekend tournaments
- ▶ Register online at www.albanypowerlacrosse.com
- ▶ E-mail directors at albanypowerlacrosse@yahoo.com

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