

# COACH DUCK'S LACROSSE



## Girl's WINTER ELITE HIGH SCHOOL TRAINING

**Phyllis Kilgour PA Hall of Famer Radnor's All Time Most Career Wins Coach** All Phillylacrosse.com Coach of the Year 2010 Pennsylvania Scholastic Lacrosse Association (PASLA) National Tournament Chair All-American Committee, US U-19 Team Career Wins 574, 8 State Titles, 7 District Titles Developed 38 High School All Americans, 12 US Players

### Kim Jackson Goalie Training PA Hall of Famer West Chester Henderson

One of the top women's lacrosse goalkeepers in NCAA history, Kim led the Blue Hens to three national championships all the while amassing several school records, which still stand today. two time Collegiate All-American, All-NCAA tournament honors in 1982, first team All-ECC in 1982, USWLA All-American, and being named to the United States Women's Lacrosse Squad from 1981-85.

**Coach Duck State Finalist 2009, 2010 States quarter finalist; Led Strath Haven to share of Central League Title** 2010 All Phillylacrosse Runner up coach of the year; Ultimate Goal lacrosse Club, Directs Philly Showcase, Directs the Most Competitive fall-winter lacrosse leagues, All Philly Under Armour coach 2010-11

### High Pressure Individual Attacking and Defensive Training

Into drills designed to develop both attack and defensive game skills. Using 2v1, 2v2, 3v2, 3v3, 4v4 and 5v5 drills.

## MONDAY NIGHTS @ AMPRO FIELDHOUSE

30 Bunting Lane Clifton Heights, PA 19018

### TRAINING DATES

**DECEMBER** Cost \$100 or \$65/Session

12/5 (6:30pm – 8PM) 12/12 (\*7PM-8:30PM)

**JANUARY** Cost \$200 or \$65 Per Session

1/2 -1/9 1/16 2012 (6:30pm-8pm) \*1/23 (7pm-8:30pm)

**FEBRUARY** Cost \$200 or \$65/ Session

Begins \*\*January 1/30 2/6, 2/13, 2/27 (6:30pm-8PM)

## SUNDAY AFTERNOONS@ THE HAVERFORD SCHOOL FIELD HOUSE

High School and Middle School

450 Lancaster Avenue Haverford, PA

**FEBRUARY SUNDAY'S** Jan 29<sup>th</sup>, Feb 5<sup>th</sup>, 12<sup>th</sup>, 26<sup>th</sup> (12:45pm-1:45pm)

Cost (4 Sessions \$180 or \$50/session)

### SEND CHECK PAYABLE

Jen Duckenfield 137 E. Sylan Avenue Rutledge Pa 19070

|  |              |                |  |
|--|--------------|----------------|--|
| NAME:  |              | E-MAIL:        |  |
| GRADE:   | HIGH SCHOOL: | LACROSSE CLUB: |  |
| POSITION CIRCLE :    ATTACK    MIDFIELD    DEFENSE    GOALIE |              |                |  |
| EMERGENCY CONTACT / PHONE                                    |              |                |  |

### WAIVER MUST BE SIGN TO PARTICIPATE

I hereby release and discharge Coach Duck's Impact Clinics and agents, employees, staff members, directors, and officers from any claims, responsibilities or liabilities for injuries or harm incurred as a result of my participation and/or my child's participation as a player or spectator in Fall Lacrosse League.

I fully understand that: these activities involve risks and dangers of serious bodily injury, ("RISKS"); these Risks and dangers may be caused by my own actions or inaction's, the actions or inaction's of others participating in the activity, the condition in which the activity takes place, or the negligence of the "RELEASEES" named below; there may be other risk and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation or that of the minor in the Activity.

I authorize Coach Duck's Impact Clinics and agents, employees, staff members, directors and officers to take whatever action is necessary, in their best judgment, in an emergency and I hereby release discharge its agents, employees, staff members, directors and officers from any responsibility or liability related thereto. I hereby grant permission to use my and/or my child's name, picture or likeness in any printed media or any form of advertisement. I fully renounce any and all claims upon for reimbursement for use of this material. All players participating in Coach Duck's Fall Lacrosse League must be USL members and have a current USL membership number. If you are not a current member of US Lacrosse, one may join at the time of registration.

**Under 18 years of age Signature Guardian/Parent**

Date: \_\_\_\_\_

Player Signature over Age of 18 \_\_\_\_\_ Date: \_\_\_\_\_

