



## Albany Power Lacrosse Girls Summer Program

### **POWER GIRLS**

*Presented by the Albany Power Lacrosse Club*

Girls Graduation Years: 2015, 2016, 2017, 2018

Summer Program Mini-camp/Try-out

\$40

May 15<sup>th</sup>, May 22<sup>nd</sup> and May 29<sup>th</sup>

3:15-5:00 PM for 2017's and 2018's

5:15-7:00 PM for 2015's and 2016's

(please arrive 30 mins early on first day to check-in)

\* It is recommended, but not required, that players attend all dates

#### **PROGRAM OVERVIEW**

The Albany Power Lacrosse Club Girls summer program is for girls that are interested in developing both individual and team skills under the supervision of a highly qualified coaching staff. The focus of the summer program is on skill development.

The Albany Power Girls program is being presented by the Albany Power coaching staff with the help of selected local 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.

The director of the Albany Power Lacrosse Club, Leslie DeLano, has over ten years of experience coaching girls of all ability levels and has worked hard to develop a program appropriate for the girls of the Capital District.

#### **PROGRAM LOCATION**

##### **RPI – East Campus Athletic Fields**

- Three turf fields and two grass, the best facility in the area

80 Peck Dr

Troy, NY 12180

(next to the RPI Hockey Rink)

#### **ON-LINE REGISTRATION**

To attend free clinics you must register on-line and complete waiver at:

[www.albanypowerlacrosse.com](http://www.albanypowerlacrosse.com)

#### **PROGRAM DIRECTOR**

**Leslie DeLano:** *Current Head Coach RPI; 2010 Liberty League Semi-Finalist; 2009 ECAC Champion; Former assistant coach, RPI; Former assistant, Washington College; Former Goalie, William Smith College; 2000 National Goalie of the Year; 1<sup>st</sup> Team NCAA All-American; NCAA Final Four All-Tournament Team*

**The Albany Power girls coaching staff will include some of the areas best girls lacrosse coaches, including:**

- **Abi Jackson** – Head coach Union College
- **Elizabeth Ghilardi** – Head coach Skidmore College
- **Dawn Austin** – Head Coach Bethlehem High School

**The Albany Power Girls coaching staff will also include some of the area's best college and high school assistant coaches and current college players.**

◆ For questions please visit website or e-mail the director at:

[PowerGirls@albanypowerlacrosse.com](mailto:PowerGirls@albanypowerlacrosse.com)

## Quick Facts and FAQ's:

- **What is the mini-camp/try-out for?**
  - It is an opportunity for the girls 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.
- **2018's and 2017's will attend two tournaments:**
  - ADK Shoot-out, June 4<sup>th</sup>-5<sup>th</sup>
  - Baldwinsville, July 8<sup>th</sup>-10<sup>th</sup>

\*If enough girls are interested we could attend an additional tournament.
- **2016's and 2015's will attend three tournaments:**
  - ADK Shoot-out, June 4<sup>th</sup> - 5<sup>th</sup>
  - NE Challenge, June 18<sup>th</sup> - 19<sup>th</sup>
  - Baldwinsville, July 8<sup>th</sup>-10<sup>th</sup>

\* If enough girls are interested we could attend an additional tournament.
- **2018's and 2017's will practice from 5:30-7:15pm. See online calendar for dates.**
- **2016's and 2015's will practice from 7:15-9pm. See online calendar for dates.**
- **Program Cost:**
  - **2018's and 2017's**                 **\$655**  
Includes practices, 2 tournaments, uniform shorts, jersey, goggles, and headbands
  - **2016's and 2015's**                 **\$755**  
Includes practices, 3 tournaments, uniform shorts, jersey, goggles, and headbands
- **Payment schedule: 40% of total due before mini-camp (deposit), 30% due on June 15<sup>th</sup>, 30% due July 14<sup>th</sup>.**
- **Power girls program is part of the Albany Power Lacrosse Club, so all sibling discounts apply. If a girl has a brother that participates in the Albany Power she 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](http://www.albanypowerlacrosse.com)