



# **RHINO LACROSSE**

## **2020 CAMPS HANDBOOK**

### **Included Information:**

Event Details

2020 Event Line-up

Rules & Policies

General Event FAQs

Overnight Camp Packing Lists



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

## **ABOUT RHINO LACROSSE**

Determination. Discipline. Hard work. Confidence. Anticipation. Teamwork. Execution. This is what we bring to the field every day. This is what it takes to be the best.

Rhino Lacrosse ranks among the premiere lacrosse training and instructional programs in North America, and our love for the game shows in everything we do. Our performance training courses, all-star travel teams, clinics, tournaments, and summer camps offer boys and girls of all ages and playing abilities the opportunity to receive the finest quality lacrosse experience.

Rhino Lacrosse was founded in 2005 in Portland, Oregon, by professional lacrosse player and instructor Ryan Powell. Ryan was the first fully endorsed Nike lacrosse athlete. In 2010 he was captain of Team USA when they won the Gold in the FIL World Lacrosse Championship. He is also a repeat MLL and NLL All-star and MVP and Syracuse University legend, earning the NCAA championship title as a player in 2000. As a coach, he assisted Syracuse University in winning another NCAA championship in 2004. Since his years at Syracuse, Ryan has dedicated himself to becoming the world's premiere lacrosse educator.

Ryan Powell handpicks Rhino's elite-level staff from among the best players and instructors in the game. Using our proven training programs, our instructors and coaches will enhance your knowledge, skills, and passion and show you what it takes to become a top-notch lacrosse player, both on and off the field.

Your maximum potential is within reach. All you need to do is step on the field with Rhino Lacrosse.

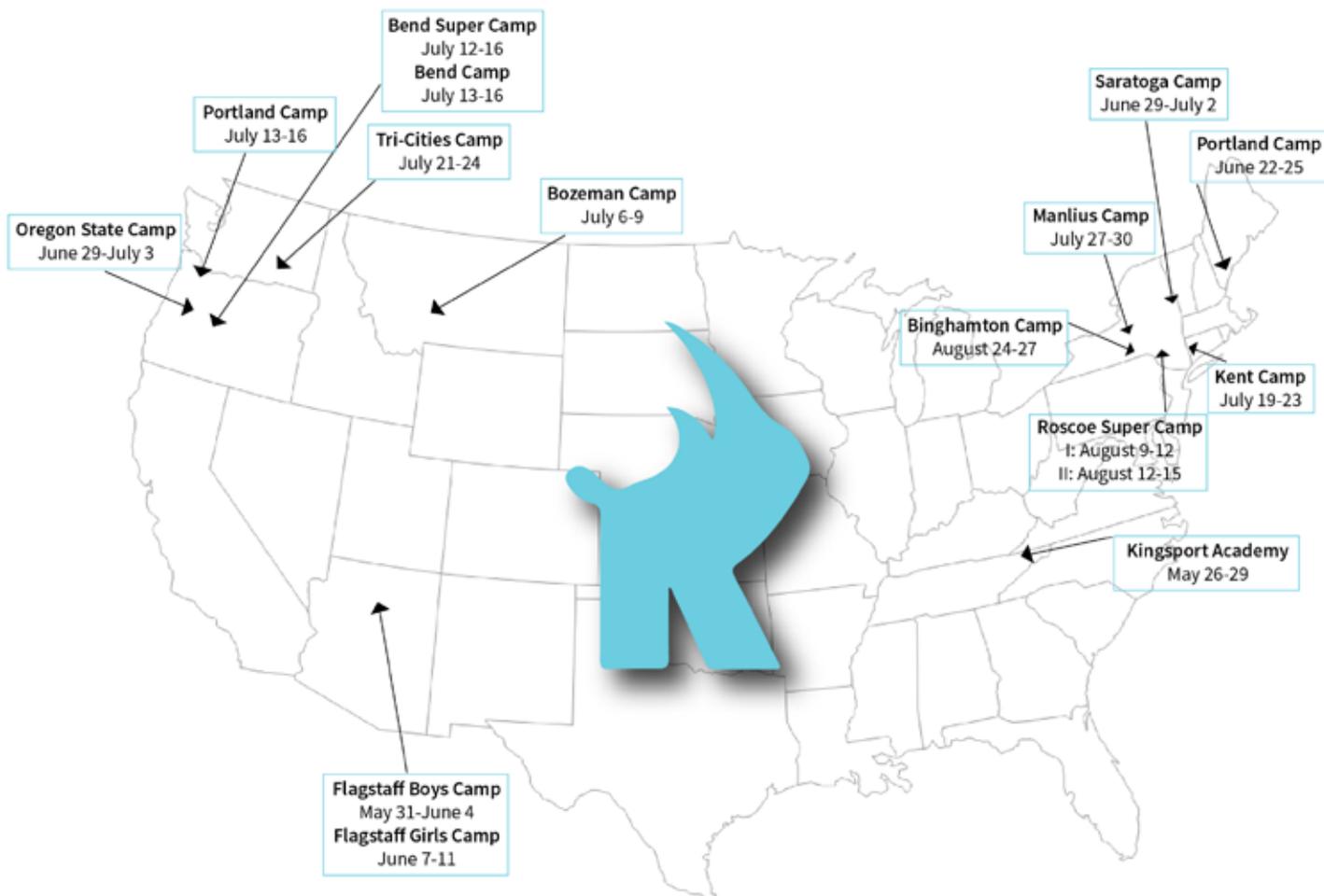
### ***Charge On!***



## **RHINO CAMPS**

You really want to take your game to the next level? Rhino Lacrosse Camps combine skills, drills, games, and demonstrations that focus on doing just that! After spending a few days working hard with the Rhino elite coaching staff you will leave a more well-rounded lacrosse player and possess a deeper understanding of the game. Unmatchable instruction from some of the greatest players in lacrosse history in tandem with fast paced game play will guarantee an experience that will supercharge your game and put you on a path to success. As you know, lacrosse is becoming more and more specialized, which is why we provide position specific training that addresses the intricacies of each position and increases your overall lacrosse IQ. It doesn't matter if you are a beginner or an all-star, this program will flat out make you better! How bad do you want it?

# 2020 Rhino Lacrosse Camps



# 2020 Rhino Lacrosse Tournaments



The Great Upstate Snow Game  
February 16 | Manlius, NY



Upstate Lacrosse Festival  
May 17 | Manlius, NY



Arizona Cup  
May 30-31 | Flagstaff, AZ



Connecticut Lacrosse Classic  
June 13-14 | Kent, CT



Saratoga Lacrosse Shootout  
June 27-28 | Saratoga Springs, NY



Oregon Lacrosse Classic  
July 17-19 | Bend, OR



Trout Town Invitational  
August 8 | Roscoe, NY



Ellicottville Lacrosse Festival  
September 25-27



Oregon Lacrosse Festival  
October 10-11 | Bend, OR

## **CAMP/CLINIC WEATHER POLICY**

In the event of inclement weather, Rhino Lacrosse will make every effort to continue the scheduled program at the discretion of the event director. If extreme weather occurs, such as lightning, extreme heat, hail, etc., Rhino Lacrosse may be forced to cancel the scheduled program in order to protect player participants and staff. If an event is canceled due to weather, an email or text will be sent out to you. We encourage parents to make arrangements for the pick up of their children, if the weather suddenly turns or if lightning, tornado or severe weather warnings are issued. There will be no partial refunds or full refunds due to unforeseeable weather circumstances

## **CANCELLATION POLICY**

Refunds or credits are not offered if cancellation insurance is not purchased during registration. Cancellations must be issued in writing and sent to [info@rhinolacrosse.com](mailto:info@rhinolacrosse.com).

Cancellation Insurance is a worry-free way to offer protection in the event of illness, injury or any unforeseen circumstances. Cancellation insurance is \$55 for overnight/extended day camps and \$35 for beginner, half day and full day camps. Insurance is non-refundable. You may only purchase cancellation insurance when registering for an event.

If you purchased insurance and must cancel prior to 30 days before the event begins, a full refund of all camp fees paid minus the cancellation insurance will be processed.

Within 30 days and up to 1 week prior to the first day of the camp, if you purchased insurance and must cancel your registration, we will issue a credit of all camp fees paid minus the cancellation insurance. Your credit is redeemable at any Rhino Lacrosse event, valid for one year from the date the registration was made and is transferable to a family member.

Within 1 week of the event, no refunds or credits are offered for event cancellation, regardless of whether cancellation insurance was purchased.

## **COMPARE CAMPS**

### *Intro to Lacrosse*

Intro to Lacrosse is a fun introduction to the sport. This will be an equipment free program with a focus on basic fundamentals; catching, passing, shooting, footwork, ground balls and stickwork. Intro to Lacrosse will provide a FUN atmosphere where every player walks away with a smile on their face and a love for the game.

### *Half Day Camps*

Rhino's elite coaches will have the opportunity to work with players to improve their skills of all the important aspects of the game. Attendees will do up tempo drills, with a focus on maximum repetition, short lines, lots of balls and lots of fun!

### *Full Day/Extended Day/Overnight Camps*

This is our most popular option every summer season! Players will receive an outstanding combination of up tempo drills and training as well as gameplay. These options enable the Rhino elite coaching staff the ability to evaluate attendees potential and cater to the development and improvement of their weaknesses. The full/extended day options as well as the overnight options are offered to kids that have a strong passion for the sport. You can expect to work hard, have FUN and get better!

**ALL PLAYERS RECEIVE A FREE POWELL LACROSSE STICK WITH CAMP ATTENDANCE!**

## **RHINO LACROSSE CAMP FEATURES:**

- *FREE COMPLETE POWELL LACROSSE STICK & REVERSIBLE JERSEY FOR EVERY CAMPER*
- Position specific training
- 8:1 Camper to staff ratio
- Specialized goalie instruction and discounts
- Pro player demonstrations
- Elite coaching
- Guest speakers and motivational talks
- Camp store
- World famous Rhino Lacrosse Bucket Toss and Catch-O-Rama
- Raffles, giveaways and prizes
- Exclusive Powell Lacrosse discounts
- FUN! FUN! FUN!



## **PLAYER SAFETY IMPORTANCE AT RHINO LACROSSE**

All Rhino Lacrosse events put player safety first. Aside from the top-notch instruction on the field, players receive top-notch care off the field. Rhino events feature:

### **US LACROSSE CERTIFIED COACHES**

Fueled by our commitment to protect our athletes, Rhino Lacrosse requires all coaches to be US Lacrosse members. This ensures that all coaches complete a mandatory national background screening through [National Center for Safety Initiatives \(NCSI\)](#) and required online [SafeSport training](#). It is the intent of the SafeSport Program to clearly demonstrate our commitment to the safety and well-being of lacrosse athletes.



### **CERTIFIED ATHLETIC TRAINERS**

All Rhino Lacrosse events have certified athletic trainers on site and available to players.

## **FREQUENTLY ASKED QUESTIONS**

### ***Can my child be dropped off/picked up by another adult?***

You are more than welcome to carpool to camp. At check-in and check-out we will require each player to be signed in and signed out by a responsible adult. This does not have to be the camper's parent, but this adult will assume all responsibility for the player arriving at and departing camp.

### ***My child has never played lacrosse before? Is that camp right for them?***

Rhino Lacrosse has been operating lacrosse camps for 16 years. We have a lot of experience working with beginners through advanced players. We take pride in providing an enjoyable camp experience and making sure players of all levels have a great time.

### ***My child does not have a lacrosse stick? What do I do?***

Good news! EVERY player who is registered will receive a complete Powell Lacrosse stick! The Intro to Lacrosse players will receive them on the first day of camp.

### ***Is equipment required for the Intro to Lacrosse Camp option?***

No it is not! This is an equipment free program. A lacrosse stick will be given to every player on the first day of camp as well!

### ***Does my child need spending money?***

This is optional. There will be a camp store that will have apparel and equipment by Powell Lacrosse.

### ***Do I need to pack any meals?***

Full day campers will need a packed lunch. Half day campers it is optional for them to bring a snack.

### ***Will water be provided?***

Our staff will ensure that players have ample water breaks and access to water jugs. Please send your player with a reusable water bottle.

### ***What are the rules regarding medications?***

Our Athletic Trainers will be at check-in to speak with parents or other responsible adults about campers medical needs and conditions. They will record any medication and instructions for these medications. Campers may keep their medications with them, or you may give them to the Athletic Trainers to hold on to.

### ***Can my child bring his cell phone?***

Players are allowed to use their cell phones at their own discretion. We ask that they do not bring their cell phones to any on field sessions.

### ***What happens in the case of extreme weather?***

Our staff monitors the weather for the week of camp very closely. In the case of extreme weather, parents will be notified of any changes to the camp schedule via the email or phone number provided during registration. Please be sure that these emails are not being sent to your junk folder. Please see weather policy for further information.

### ***How do I contact my child at camp if he does not have a cell phone?***

Should you need to reach your child at camp, please contact Rhino Lacrosse at 315.692.4449.

### ***What if my child is injured during camp?***

A Certified Athletic Trainer will be on duty for the duration of camp. They will have all players' emergency contact information on hand.

### ***Am I allowed to come watch my child play?***

Parents are welcome to attend camp introduction and observe all on field sessions.