

# PHILOSOPHY

The philosophy of the Mustang Lacrosse Camp is to provide an instructional clinic from the beginner to the advanced athlete in a safe and fun environment.



Groups will be divided into elementary, middle, and high school levels. We will teach fundamental skills to the beginner. We will maximize the potential of our intermediate players and challenge the advanced player tactically and technically to master his skills.

Our highly competent and experienced staff will teach each individual group. The staff is committed to implementing the philosophy to all of our participants.

We will focus on the positive attributes of each player and build their self-confidence in the sport of lacrosse.

## CONTACT

KEN SENISI

(443) 668-6903

[Kenneth\\_Senisi@hcpss.org](mailto:Kenneth_Senisi@hcpss.org)

Mustang Lacrosse Camp is sponsored by: The Marriotts Ridge High School Boosters

# MUSTANG LACROSSE CAMP

**FOR BOYS AGES 7-14**

**JUNE 25 - JUNE 28  
MON - THURS 9AM-12:30PM**

**MARRIOTTS RIDGE  
HIGH SCHOOL  
MARRIOTTVILLE, MD**

# REGISTRATION

Enrollment is limited to the **first 100 to apply**. Pay in full by May 18, 2018 for the \$150 Early Bird Special. **After May 18, the cost is \$160**. Walkups are allowed, but the **cost will increase to \$165**.

To register for camp please visit:  
<http://bit.ly/mrhscamps>

Under sports camp select Boys Lacrosse to complete registration.

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## SCHEDULE

JUNE 25 - JUNE 28  
MON - THURS 9AM-12:30PM

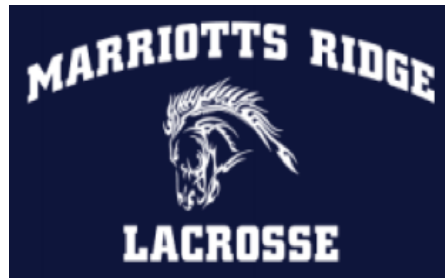
- 8:45-9:00am:** Campers Arrive
- 9:00-9:20am:** Warm-up + Stretch
- 9:20-9:40am:** Stick Work Drills
- 9:40-10:10am:** Offensive Concept Instruction + Drill Stations
- 10:10-10:30am:** Defense Concept Instruction + Drill Stations
- 10:30-10:45am:** Specialty Time
- 10:45-11:15am:** Game #1
- 11:15-11:30am:** Team Time
- 11:30am-12:30pm:** Game #2
- 12:30pm:** Closure

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## QUESTIONS

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## 2018 STAFF

**Co-Director:** Tony Incontrera: Coach Incontrera is the current Head Coach at Marriotts Ridge High School. This will be his 11th season coaching at Marriotts Ridge High School, and 12th season coaching high school lacrosse. In Coach Incontrera's first year of coaching, he coordinated the defense for the 2006 Mt. Hebron High School state championship team. Incontrera played lacrosse in college at Salisbury University from 2002 to 2005, winning three straight National Championships in 2003, 2004, and 2005, as well as all conference honors as a defenseman.

**Co-Director:** Ken Senisi: Coach Senisi grew up playing lacrosse in Massapequa, New York. He played football and lacrosse at Dean College. He was an All-American Defenseman and a member of Dean College Hall of Fame. He continued his collegiate career at Salisbury University. Coach Senisi has coached high school and college lacrosse for the past 20 years.



# STAFF

### Assistant Directors:

Tom Minard: Varsity Offensive Coordinator (MRHS)

Tom Brandel: Has been coaching for the past 20 years. Tom was an All-American goalie at Fairfield University

Garrett Conaway: Bayhawks (Goalie)

Chad Williams: AA at Stevenson,

Patrick Clipp: UMBC

Lewy Anania: Stevenson

Jake Polanski: HCC

The remainder of our staff consists of licensed athletic trainers, area high school and college coaches, as well as top high school and collegiate players, all of whom are highly trained and skilled as lacrosse coaches, players, and people.

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## EQUIPMENT TO BRING

- Lacrosse Helmet
- Lacrosse Shoulder Pads
- Lacrosse Elbow Pads
- Lacrosse Gloves
- Mouthpiece
- Cleats

Contact Ken Senisi if you need equipment.

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