

CAMP STAFF

SUE COWPERTHWAIT

*Monmouth University
Head Women's Lacrosse Coach*

Sue Cowperthwait is in her second season as a coach at Monmouth University and in her first year as head coach of the Hawks. Cowperthwait had served as an assistant coach for the Hawks for the last year and was promoted to fill the vacancy left when former head coach Shari Krasnoo departed.

Cowperthwait enjoyed a stellar collegiate playing career at Virginia Tech. A four-year starter on defense for the Hokies, she earned All-Atlantic 10 and Atlantic-10 Defensive Player of the Year honors as a senior in 1999. That year, Cowperthwait also led Virginia Tech to an Atlantic 10 Conference championship and the Hokies finished the season ranked No. 20 in the nation.

A native of Media, Pa., Cowperthwait earned a bachelor's degree in business management from Virginia Tech in 1999. Cowperthwait is currently pursuing her master's degree in business administration at Monmouth.

Monmouth finished the 2000 season ranked 22nd in the country in the Ratings Percentage Index (RPI) provided by the NCAA. The Hawks finished last season with a 13-4 record, including a 5-1 ledger in Northeast Conference play. The Hawks advanced to the NEC Championship game where they lost by one goal to UMBC, 13-12.

LISA PFEIFFER

*Monmouth University
Assistant Women's Lacrosse Coach*

Lisa Pfeiffer is in her first season on the lacrosse coaching staff. She joined the staff as an assistant in January 2001.

Pfeiffer played along side Coach Cowperthwait as teammates at Virginia Tech. Like Cowperthwait, Pfeiffer was an All-Atlantic 10 performer with the Hokies. She graduated from Virginia Tech in 2000.

The camp staff is highlighted by coaches and players from Monmouth University's Division I program. Coaches from other colleges and high schools will also be on staff.

ABOUT THE CAMP

Each day campers will be separated into small groups and given instruction covering many skills and concepts. Campers will also be taught tactics in both small and larger team play. The camp is geared toward the beginning and intermediate level, but adjustments will be made so that advanced players will also receive excellent instruction at the camps.

CAMP PHILOSOPHY

The Hawks Girls Lacrosse Camp is designed to help each camper improve her skills while gaining a better understanding of the sport. The participants will be grouped according to age and ability in order to attain the maximum benefit from the instruction.

LOCATION & FACILITIES

Monmouth University's beautiful 147-acre campus in West Long Branch. The camp will utilize the institution's grass practice fields.

THINGS TO BRING...

All campers should bring the following items to participate in all activities:

- Mouthguard
- Cleats
- Water bottle
- Lacrosse Stick
- Swimsuit
- Towel
- Goalie Equipment (goalies)

LACROSSE CAMP

DATE: July 9-13

TIME: 9 a.m. to 3 p.m.

AGE: Girls entering grades 7-12

TUITION: \$180 per camper
(lunch included)

DEPOSIT

A non-refundable deposit of \$80.00 for the week must accompany your application to secure a place at camp.

Please Make Checks Payable To:
Monmouth University Lacrosse Camp

Send Deposit & Application To:
SUE COWPERTHWAIT
ATHLETICS DEPARTMENT
400 Cedar Avenue
West Long Branch, NJ 07764

MEDICAL FORMS

A form will be sent upon receipt of your application. It **MUST** be completed by a parent or guardian and returned before the start of camp.

DIRECTIONS

From the Garden State Parkway - Exit 105. Take Route 36 to Route 71. Turn right onto Route 71, continuing as Route 71 forks into Cedar Avenue (stay left). Go through one traffic light and at the second, turn right onto Norwood Avenue. Make first right into parking lot adjacent to the Great Lawn grass practice fields.

FOR ADDITIONAL INFORMATION

**Contact the Monmouth University
Athletic Department at (732) 571-3415 or
(732) 263-5556 for additional information.**

**MONMOUTH UNIVERSITY
GIRLS LACROSSE CAMP
APPLICATION FORM**

CAMP DATES

July 9-13 9 a.m. to 3 p.m.
(Friday pickup at 12 p.m.)

FOR OFFICE USE ONLY

Amount _____
Date _____
Reply _____
Amt. Due _____

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Home Phone: _____

Emergency Phone: _____

Name of Your School: _____

Coach: _____

Age: _____ Pos: _____ Years Played: _____

Grade You'll Enter This Fall: _____

Circle T-Shirt Size (Adult):

S M L XL

Please send additional brochures to my friends

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

I hereby authorize the directors and employees of Monmouth University's Girls' Lacrosse Camp to act for me according to their best judgement in any emergency requiring medical attention. I hereby waive and release all camp employees from any and all liability from injuries and illness while at camp.

Parent's or Guardian's Signature

Monmouth University
Lacrosse Camp
Cedar Avenue
West Long Branch, NJ 07764

**Monmouth
University**



**GIRLS
Lacrosse
CAMP**

JULY 9-13, 2001

9 a.m - 3 p.m.

For girls grades 7 to 12

**Directed by
SUE COWPERTHWAIT**

**Head Coach
Monmouth University**