

STAFF



MICHAEL BAGGETTA USC HEAD COACH

Michael Baggetta just completed his first season as the Head Coach for Carolina Lacrosse. His primary focus with the Gamecocks is to help develop good discipline, strong team unity and basic fundamentals of lacrosse to help in taking the program to the next level. Along with coaching the Gamecocks Baggetta has implemented a successful strength and conditioning program for Carolina Lacrosse through his full time job Director of Sports Performance and Owner for PROformance Edge.

Prior to coming to the Gamecocks, Baggetta served as the Goalies and Face-off coach at Robinson High School in Northern Virginia Under Coach Dave Baggetta, 2004 Northern Region Coach of the Year.

Baggetta's playing career was wrapped at Hampden-Sydney College as a Face-off specialist and Defensive Midfielder. While at Hampden-Sydney Baggetta also played Running Back on the Tigers Football squad. He transferred from the University of Massachusetts where he was recruited out of Oakton High School as the number one Face-off specialist in the country winning over 92% of his face-offs in his career.



JAY GRAHAM USC ASSISTANT COACH

Jay Graham in his first season as assistant coach and Offensive Coordinator at Carolina. Graham joined the Gamecock staff late in the fall of 2008.

He brings a great knowledge of the game to the Gamecocks offense. Graham played attack at Penn State University and served as Captain and won team MVP honors his Senior season for the Nittany Lions. Before Penn State Coach Graham played High School lacrosse at Acton-Boxboro High School in Massachusetts

TERRY KIMENER CHICAGO MACHINE

Terry Kimener was a 1st round 8th overall pick in the MLL draft for the Chicago Machine in 2008. Kimener enters his second season with the Machine as a Midfielder. He has been asked to tryout for the U.S. National Team to compete in the 2010 World Games in Manchester England.

Kimener was a 3-time All-American Mid-Fielder at UMBC. He helped his team reach the NCAA Tournament in '06, '07, and '08.



JOSH PORCELL BOSTON CANNONS

Josh Porcell a 2007 graduate from UMBC was picked up the MLL Boston Cannon in the 2008 supplemental draft.

Porcell had a successful stint at UMBC helping lead the Retrievers the NCAA Tournament in '06, and '07. Before UMBC Porcell attended Bridgeton Academy in Main a College Preparatory school know for producing many College All-Americans

THE UNIVERSITY OF SOUTH CAROLINA



Lacrosse Camp

Presented by

PROformance Edge
Strength & Conditioning

June 28th-July 1st

MISSION

The goal of The South Carolina Lacrosse camp is to provide its campers with quality instruction. The Camp staff has a combined 87 years of coaching and playing experience. With the staff's knowledge and experience of the game of lacrosse each camper will gain and develop skills and a better understanding of the game of lacrosse.

Each camper will be divided by age and experience so that the instruction can be tailored to the individual. The camp will have a 10:1 ratio of campers to counselors to insure individual focus. This attention from the staff will help the camper grow as a lacrosse player and athlete.

Attack:

Learn to work to get in perfect position to score and assist by working on stick protection, footwork and dodging. After perfecting those skills each player will focus on shooting and feeding properly.

Midfield:

Learn to take the game over by learning both aspect of the midfield offense and defense. The midfielders will learn how to become more of a physical player while staying in control. Each player will work on shooting on the run and learn how to play defense in transition situations. Each camper will be taught methods to gain a better field vision.

Defense:

Learn how to play good body defense to set up the takeaway. While working on good body defense, each player will improve his footwork, body positioning on the field, checks and ability to use his strength while playing.

Goalie:

Learn proper fundamentals to being a great keeper. Goalies will work on proper positioning while working on vision to be able to see the ball better. Another key to being a great goalie is to be able to make the outlet pass on the clears. Goalies will also improve on the long passing stick skills.

CAMP INFORMATION

Instructional Camp, June 28th-July 1st 2009

Ages: 12- 17 years old
 Cost: \$475 (Resident) and \$400 (Commuter) Plus \$25 (Administration Fee)

Check-in: Sunday June 28th, from 12-3pm: Check Out July 1st 11:30 am- 1:30pm

The instructional camp will have 8 field sessions. Campers will get quality instruction and have the opportunity to compete in team games in the evening sessions. Resident Campers will be provided with all 3 meals a day; Commuter campers will receive lunch and dinner. Each camper will receive a camp t-shirts and a reversible penny. There will be many give-aways and prizes for some of the competitions we will have including fastest shoot contest, face-off contest, camp offensive MVP, camp defensive MVP and team champions. The Campers will stay in in the Bates Dormitory which is in walking distance to the fields. Certified Athletic trainers will help the camp staff supervise the camp to also insure better safety.

Facilities:

The South Carolina campus is Ideal for a camp setting. The Campers will get to experience where The Gamecocks play and practice. Dorms are located in the heart of campus to help easily access the fields, as well as all you can eat cafeteria facility.

Equipment:

Campers must provide ALL their own Lacrosse protection equipment for camp. Helmet, stick, gloves, shoulder pads, arm pads, and mouth piece are required to participate in all sessions. Players need to provide cleats for our grass fields.

Transportations:

Transportation from Columbia Regional Airport can be provided upon request; there is round trip shuttle fee of \$20 per camper. Campers will report to baggage claim area.



GAMECOCK LACROSSE CAMP 2009 APPLICATION

PLEASE FILL OUT ONE FOR EACH PARTICIPANT

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____

CELL PHONE _____

EMAIL _____

DATE OF BIRTH _____

GRADE ENTERING _____

PARENT/GUARDIAN _____

PARENT/GUARDIAN PHONE _____

SCHOOL _____ COACH _____

POSITION (CIRCLE ONE)

ATTACK MIDFIELD DEFENSE GOALIE

ROOMMATE REQUESTED _____

PAYMENT OPTION

A NON-REFUNDABLE DEPOSIT OF HALF THE CAMP COST PLUS \$25 ADMINISTRATION FEE MUST ACCOMPANY THIS APPLICATION

CHECK OR MONEY ORDER TO: PERFORMANCE EDGE

CAMP FEE: \$ _____ TOTAL ENCLOSED: \$ _____

PLEASE CHECK APPROPRIATE BOX:

RESIDENT \$475 + \$25 ADMIN FEE

COMMUTER \$400 + \$25 ADMIN FEE

MORE INFORMATION AND FORMS TO BE COMPLETED WILL BE SENT UPON RECEIVING CAMP DEPOSIT AND APPLICATION.

MAIL APPLICATION AND DEPOSIT TO:

GAMECOCK LACROSSE CAMP
 C/O PERFORMANCE EDGE
 1033 B DEERWOOD STREET
 COLUMBIA SC 29205