SLIPPERY ROCK UNIVERSITY GIRLS’ LACROSSE CAMP
JUNE 30 - JULY 2, 2019

ABOUT THE CAMP
Under the direction of SRU Women’s Lacrosse Head Coach, Kelsey Van Alstyne and various staff members and current players, the SRU Women’s Lacrosse department announces their first annual SRU Girls Lacrosse Camp. The focus of camp is geared toward building not just individual skills but self-confidence in the sport as well. Athletes will learn to sharpen individual player skills and improve technical and tactical play in order to prepare for the next level. Camp training sessions will include small-sided drills to bigger drills as well as small-sided games to full field scrimmages. Specialized instruction for goalies is offered as well.

COST AND REGISTRATION
WELCOME PARTICIPANTS: Players with basic to advanced skill levels - girls entering 9th - 12th grade.

COST
RESIDENT - $325 [Includes camp instruction, access to facilities, overnight accommodations, all meals and a camp t-shirt]
COMMUTER  - $290 [Includes camp instruction, access to facilities, lunch and dinner, and a camp t-shirt]
A non-refundable $50 deposit is included in the registration fee.

REGISTRATION
Visit www.sru.edu/camps under SRU Athletics Camps to register.

INFORMATION
MEDICAL INFORMATION
SRU and the Slippery Rock University Foundation, Inc. do not provide medical insurance for campers. Athletes with special medical problems must notify the camp director. All participants who require medications must register those medications with the camp. SRU staff will not administer medications. Athletes must supply their own tape.

HOUSING
Guests will be housed in the double occupancy residential suites. Each suite is air-conditioned and includes a mini refrigerator and a microwave oven. Each suite features a private bathroom including a shower for every two beds. Campers will have the chance to request (1) roommate during the registration process. A camp chaperone and Resident Assistant will be on site during the duration of the camp.

WHAT TO BRING
Campers should bring an adequate supply of shorts, T-shirts, socks, toiletries, sweat clothes, towels, pillow(s) and linens for a single bed (twin-XL). Equipment should include: stick, mouthguard, and goggles. Goalkeepers will need to have a stick, helmet, and pads. Footwear should be turfs, sneakers, or cleats.

INFORMATION/QUESTIONS
For questions regarding lacrosse camp content and equipment, please contact the Women’s Lacrosse Department
Phone: 724.738.4322
Email: Coach Kelsey VanAlstyne at kelsey.vanalstyne@sru.edu
For questions regarding registration, payment, and general camp questions, please contact the Office of Conference Services
Phone: 724.738.2027
Email: conferenceservices@sru.edu

CAMP STAFF MEMBERS
KELSEY VAN ALSTYNE, CAMP DIRECTOR
After leading the Slippery Rock University lacrosse team to its best season in program history in her first year in charge of the program in 2018, Kelsey Van Alstyne will return for her second season in 2019.

In her first season at The Rock, Van Alstyne led Slippery Rock to a 13-5 record and a berth into the Pennsylvania State Athletic Conference Tournament. The 13 wins were the most victories in a season in Rock history and the PSAC Tournament berth was just the second in SRU’s 28-year history. Under her guidance, The Rock finished 2018 leading the nation in ground balls per game (29.06) while
Van Alstyne mentored three all-conference honorees in Rachel Shaw, Tia Torchia and PSAC Athlete of the Year Emily Bitka, who went on to be named All-American and the MVP of the IWLCA Senior All-Star Game.

Van Alstyne, a 2011 graduate of Bloomsburg with a degree in exercise science, returned to the PSAC in 2017 after spending three seasons as the head coach at Division III Morrisville State, where she led the team to a pair of conference titles, two NCAA playoff appearances and never posted a losing record. She finished her three-year stint at Morrisville with a 33-23 overall record and had a total of 20 student-athletes named to All-Conference teams, including at least one major award winner in each season. She coached the Rookie of the Year and overall Player of the Year in 2015 and coached the Defensive Player of the Year in both 2016 and 2017. Van Alstyne was also named the conference’s Co-Coach of the Year last spring.

In addition to her head coaching responsibilities at Morrisville, Van Alstyne also served as the athletic department’s head strength and conditioning coach for two years, proving instruction and training for 11 men’s and women’s teams. She also CSCS certified.

Prior to joining the staff at Morrisville, Van Alstyne served one season as the interim head lacrosse coach at Buffalo State, where she led the team to an 8-7 overall record in a season that featured six games against teams that were ranked in the top 20 in the national poll, the highlight of which was a win over No. 16 Brockport. She moved into that role after serving as an assistant coach for one year with the Bengals.

Prior to her time at Buffalo State, Van Alstyne served as an assistant coach for one season at Ithaca College and also served one year as a strength and conditioning assistant at Cornell University. In her one year at Ithaca, the program went a perfect 7-0 in conference play and the coaching staff was named Staff of the Year by the Empire-8 Conference.

Van Alstyne’s collegiate athletics career began at West Chester University, where she played volleyball for one season and earned PSAC Scholar-Athlete honors. She transferred to Bloomsburg University following her freshman year and played three years of lacrosse for the Huskies, serving two years as captain and earning Scholar-Athlete honors in each of those years.

After earning her undergraduate degree from Bloomsburg, Van Alstyne went on to earn her master’s degree in sports management from SUNY Cortland in 2014. She is married to Chris Van Alstyne, who is currently the strength and conditioning coach and volunteer assistant for Rock Women’s Lacrosse.

SARAH LAMPHIER, ASSISTANT DIRECTOR

Sarah Lamphier was named assistant coach for the Slippery Rock University women’s lacrosse program in September of 2017. In her first season on head coach Kelsey Van Alstyne’s staff Lamphier helped guide The Rock to a 13-5 record and a berth into the Pennsylvania State Athletic Conference Tournament. The 13 wins were the most victories in a season in Rock history and the PSAC Tournament berth was just the second in SRU’s 28-year history. The Rock finished 2018 leading the nation in ground balls per game (29.06) while also ranking third in caused turnovers per game (14.78), third in save percentage (.535), 11th in goals allowed per game (8.78) and 22nd in win percentage (.722).

Lamphier assisted played a pivotal role in the coaching of three all-conference honorees in Rachel Shaw, Tia Torchia and PSAC Athlete of the Year Emily Bitka, who went on to be named All-American and the MVP of the IWLCA Senior All-Star Game.

Lamphier came to The Rock after serving as head coach at Guilford College for five seasons. While at Guilford, Lamphier went 48-37 (.565) and guided the Quakers to the program’s best five-year run in school history. In 2013, Guilford was 17-2 overall and a perfect 10-0 in Old Dominion Athletic Conference competition. Lamphier was then named the ODAC Coach of the Year in 2014 after leading Guilford to a 12-7 record and the program’s first trip to ODAC conference championship game. The Quakers won 21 more games over Lamphier’s final three seasons as head coach. During her time at Guilford, Lamphier coached one Intercollegiate Women’s Lacrosse Coaches Association All-American, seven IWLCA All-Chesapeake Region award recipients, 18 All-ODAC honorees and two CoSIDA Academic All-Americans.
Prior to Guilford, Lamphier was the head coach at Bard College for three seasons (2009-12). In addition to coaching several lacrosse club teams, Lamphier has also served as an assistant coach on the collegiate level at Trinity College (2007-09) and Siena College (2006-07).

As a player, Lamphier, whose maiden name is Berheide, was a two-sport standout at Skidmore College. A four-year starting goalkeeper for the lacrosse team, Lamphier holds Skidmore career records in goals against average (7.01) and save percentage (.594). She was named the Upstate Women's Lacrosse Goaltender of the Year in 2005. She also led the Skidmore field hockey team to three NCAA Tournament appearances over a four-year career.

CHRIS VAN ALSTYNE, STRENGTH AND CONDITIONING COACH

Chris Van Alstyne has spent the last five years working in a variety of aspects in the health and wellness profession. A 2013 graduate of SUNY Cortland, Van Alstyne earned his Bachelors of Science in Kinesiology with a focus in Fitness Development. He is a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association (NSCA). Van Alstyne is also certified in the Functional Movement Screen (FMS) and is a Certified Speed Specialist through the National Association of Speed & Explosion (NASE). Following his graduation, he interned at Cornell University in their Strength & Conditioning Department where he was able to work with a multitude of different teams and athletes. He spent the following year personal training a variety of clientele at a private facility in Buffalo, along with teaching classes such as cardio meltdown, boot camp, and others. He then worked at the Manlius YMCA as a sports performance and personal training instructor.

Van Alstyne spent the next three and a half years as the Head Strength and Conditioning Coordinator at Hamilton College in Clinton, NY. He was responsible for creating programs that assessed the strength, power, endurance and body composition for both female and male student-athletes from 29 different teams. Along with these programs, Van Alstyne taught proper acceleration and deceleration mechanics, along with developing a sport specific movement screening based off of the FMS tests. During his time at Hamilton, he coached 7 All-Americans, Division 3 Hockey Player of the Year, 62 All-NESCAC conference players, 3 NESCAC Conference players of the year, and 2 Rookie conference players of the year.

Van Alstyne has a strong desire to motivate individuals to challenge them to reach their highest potential. This desire helps provide the framework for his clients to achieve lifelong fitness and healthy lifestyle habits. He enjoys working with all ages and fitness levels: whoever he can assist in accomplishing their goals!

*All Slippery Rock University of Pennsylvania camp staff and volunteers are in compliance with FBI & Pennsylvania State Criminal History Background Checks and Child Abuse Protection of Minors requirements.*