

Name	Phone	Age	Grade in Fall
Address	City	Zip	
Email	School		
Shirt Size: (Youth) M L (Adult) S M L XL		Position for Softball	
Emergency Contact		Phone	
Paid in full \$ Deposit Only \$ Balance Due \$			
Please list any medical conditions or allergies the camp should know about:			
I hereby give permission for my child to participate in LLSC. LLSC is not responsible for injuries incurred while involved in the program.			
Parent/Guardian Signature			Date

(Please check appropriate box)

- \$300 ☐ SESSION #1 Volleyball June 23 - 27
 \$300 ☐ SESSION #2 Softball July 7 - 11
 \$135 ☐ SESSION #2A Lacrosse July 7 - 10
 \$300 ☐ SESSION #3 Basketball July 14 - 18
 \$300 ☐ SESSION #4 Volleyball July 21- 25
 \$135 ☐ SESSION #4A Soccer July 21- 24
 \$135 ☐ SESSION #4B Field Hockey July 21- 24

2025 LADY LIONS SPORTS CAMPS

@ Mount St. Dominic Academy



VOLLEYBALL (Grades 7 - 9)

Session #1

June 23 - June 27



SOFTBALL

Session #2

July 7 - July 11



LACROSSE

Session #2A

July 7 - July 10



BASKETBALL

Session #3

July 14 - July 18



VOLLEYBALL (Grades 4 - 6)

Session #4

July 21 - July 25



SOCCER

Session #4A

July 21 - July 24



FIELD HOCKEY

Session #4B

July 21 - July 24

About the Lady Lions Program

The Lady Lions Sports Camps are for girls entering 4th - 9th grades. Our camp is under the direction of Mount St. Dominic Athletic Director / Softball Coach, Lorenzo Sozio.

Lady Lions Sports Camps aim at teaching the fundamental skills at a time of the year when great progress can be made – in the summer. We will stress the fundamentals of each sport and create game situations in the best learning environment.

“Lady Lions Camps will challenge the beginner and improve the skills of the more seasoned player.”

With the limited number of campers, your daughter will be guaranteed quality time to learn the proper fundamentals.

All campers will receive a t-shirt, athletic items and awards for achievements. Camp will be held regardless of weather conditions.

Questions:

Call:
973-521-7242

Email:
lsozio@msdacademy.org

Registration

- Camps (except LAX, SOC and FH) are \$300 each.
- Any two sessions or sibling will receive \$40 discount (except LAX, SOC and FH)
LAX, SOC and FH Camp is \$135 with a \$15 discount for siblings or two sessions
- Registration includes t-shirt and an athletic item.

Enrollment

Enrollment is limited and will be handled on a first come, first serve basis.

Where

All camps, except Lacrosse, Soccer and Field Hockey are located at the Mount St. Dominic Academy Complex. We will utilize our Softball Field and Athletic Center.

Lacrosse, Soccer and Field Hockey is held at the Essex Valley School turf field, 1 Henderson Drive, West Caldwell.

All campers must bring their lunch
with them each day

For night sessions, please bring a snack

Times/Ages

- **Volleyball (first session)**
7th thru 9th grade 9 am - 3 pm
- **Lacrosse**
4th thru 9th grade 6 pm - 8:30 pm
- **Softball**
4th thru 9th grade 9 am - 3 pm
- **Basketball**
4th thru 9th grade 9 am - 3 pm
- **Volleyball (second session)**
4th thru 6th grade 9 am - 3 pm
- **Soccer**
4th thru 9th grade 6 pm - 8:30 pm
- **Field Hockey**
4th thru 9th grade 6 pm - 8:30 pm

Early drop off and late pick-up are available upon request.

Camp Staff

Camp Staff will be led by Camp Director, Lorenzo Sozio and other high school coaches, college coaches, as well as current college and high school players. There will be an Athletic Trainer or Nurse available on site during Camp hours.

Registration

Online:

www.ladylionssportscamps.com