

Coaches

- Coaches assisting are very talented players with NCAA/MCLA experience.
- There will be numerous coaches from all positions at the camp so all players will be tended to.
- Any areas of improvement will be noted and worked on substantially over the week!
- Coaches will teach and reinforce during 6 on 6 game play and scrimmages at the end of each session.
- Repetition of drills and teaching will allow players to remember and react in game situations.
- Every coach will do their best to allow the player to get better
- They will make all players leave loving the game and wanting to learn more!
- The coach's most important goal is to teach the players while they are having FUN!



Dewitt Lax Camp Registration Form

Registration Deadline: Sunday July, 5th 2009

Player Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email: _____

Phone Number: _____

Emergency Contact Name: _____

And Phone Number: _____

Medical Conditions

Or Allergies: _____

Age Group (circle): 5th-8th Grade 9th-12th Grade

Position (circle): Goalie Defense Mid Attack

Previous Experience: _____

Areas Seeking Improvement: _____

T-shirt Size: S M L XL XXL

Shorts Size: S M L XL XXL

Jersey Size: S/M L/XL

All sizes listed above are adult sizes

Total Cost of Camp: \$170.00

Please make all checks payable to Dewitt Lacrosse Camp and drop off or mail to the following address:

14720 S Dewitt Road

Lansing MI, 48906

All equipment including mouth guard is required

CONSENT TO PARTICIPATE:

I hereby give my consent for the above referenced player to participate in the Dewitt Lacrosse Camp. I, on behalf of the player, our family, and myself release and discharge all of the coaches, officials and volunteers from any and all liability or responsibility for any injury that the player may sustain while participating in the camp. I acknowledge that the Dewitt Lacrosse Camp does not provide medical insurance for participants.

_____ Date _____

Signature of Parent/Guardian or Student, if 18 years or older



Dewitt Lacrosse



Hosted by Cam Holding
camholding@gmail.com
517-648-3476

**July 27th – July 31st
@ Dewitt Sports Park**

Camp Cost \$170.00
Session #1
5th-8th grade
9:00 am – 12:00 pm

Session #2
9th-12th grade
1:00 pm – 4:00 pm



Session #1 Boy's 5th - 8th grade 9:00 am – 12:00 pm

- Passing and catching
- Areas of the field
- Positional work
- Relay running
- Shooting drills
- Defensive Drills
- 6 on 6 controlled game play to teach and understand proper positioning
- Coaches will instruct mechanics on picking up a “ground ball”
- Enforce and teach rules on hitting and alternative ways of retrieving ball from opponent
- Focus on team play and rules

Session #2 Boy's 9th -12th grade 1:00 pm – 4:00 pm

- Stretching and Warm up drills
- Positional drills
- Offensive shooting drills
- Shooting on the run
- Offensive dodging and protecting drills
- Defensive coverage
- Defensive stick work
- Off-hand work will allow players to reach the next level
- Speed drills
- Relay running
- Scrimmages to work on live game play
- 6 on 6 controlled game play to teach and understand proper positioning

Lacrosse Camp Checklist

- Cleats
- Shoulder pads
- Arm guards
- Gloves
- Helmet
- Mouth guard**
- Cup
- Stick- any issues with stick one of the coaches can fix on the first day
- Water bottle- limited amount of water will be provided daily

Equipment is to be worn on the field at all times.



CAMP FEATURES

- Excellent instructor: player ratio
- 5 Days of experience, learning and fun
- Working on individual needs to better each player
- 3 hours of lacrosse each day
- Each player will receive t-shirt, shorts and reversible jersey including number and logo's
- Hardest shot contest
- Plenty of prizes to be won
- Organized game on Friday or Saturday (weather permitting)
- BBQ for family and friends following the end of camp game at Sports Park Pavilion
- Excellent price compared to other camps
- First aid kit and water on sidelines

