

**LACROSSE CAMP**

**INSTRUCTOR: LAURIE RODLER—VARSITY LACROSSE COACH**

**INTRODUCTION TO GIRLS LACROSSE**

This course is designed to introduce girls to the sport of lacrosse. The girls will work on learning basic skills and the rules of the game. They will be given the opportunity to participate in drills and games designed to build their skills.

**WHO: GIRLS ENTERING GRADES 5—7**

**WHERE: J T WAUGH FIELDS (BEHIND SCHOOL)**

**DATE: JULY 7, 8, 10, 11 (NO WEDNESDAY)**

**TIME: 5:30 PM—7:30 PM**

**PLEASE BRING YOUR OWN LACROSSE STICK AND MOUTHGUARD. GOGGLES IF POSSIBLE, BUT NOT NECESSARY**

**COST: \$40.00                   LIMIT: 30 PARTICIPANTS**

**ADVANCED GIRLS LACROSSE—INSTRUCTOR: LAURIE RODLER**

This course will be designed to build the lacrosse skills of girls eligible to play at the modified, JV, and Varsity levels. Prior play is not a requirement. The girls will work on building basic skills along with developing tactical field play. The girls will participate in drills and games designed to build their skills and improve their play.

**WHO: GIRLS ENTERING GRADES 8—12**

**WHERE: J T WAUGH FIELDS (BEHIND SCHOOL)**

**DATES: JULY 14, 15, 17, 18(NO WEDNESDAY)**

**TIME: 5:30 PM—7:30 PM**

**PLEASE BRING YOUR OWN LACROSSE STICK AND MOUTHGUARD. GOGGLES IF POSSIBLE, BUT NOT NECESSARY.**

**COST: \$50.00                   LIMIT: 30 PARTICIPANTS**



**RUNNING CAMP**

**INSTRUCTOR: WAYNE ROSE**

**40 YEARS AS CROSS COUNTRY COACH AND 10 YEARS AS TRACK & FIELD COACH AT LAKE SHORE**

Running is a basic activity associated with most sports. It is used as a conditioning activity as well as a primary part in most sports. Learning to run well and efficiently is a very important component. Improvement of running form and posture leads to efficient use of energy while running. Participants will also learn proper warm up and cool down procedures. Many techniques will be taught through activities and games. No previous experience is necessary.

**WHERE: TRACK BEHIND THE SENIOR HIGH**

**WHEN: MONDAY, JULY 7— FRIDAY, JULY 11**

**TIME: 9:00 AM—12:00 Noon**

**AGES: 11—19 YEARS**

**COST: \$50.00**

**LIMIT: 40 PARTICIPANTS**

