



LACROSSE CAMP

JUNE 26-29, 2023



FOR GIRLS ENTERING GRADES 2-8 IN THE 2023-2024 SCHOOL YEAR.

CAMPERS WILL NEED TO BRING THEIR OWN LACROSSE EQUIPMENT

PLAYERS WILL...

- Learn from high school coaches who are extremely knowledgeable, experienced, and motivated to improve the level of play of our girls lacrosse players.
- Practice technical skills that are relevant to building complete lacrosse players.
- Be guided through a curriculum that is a combination of the newest techniques mixed with time-tested methods.
- Develop muscle memory with stick skills repetition.
- Learn to make decisions in small group play, while also learning to create in 1v1 opportunities.
- Build confidence in their own abilities and knowledge of the game.
- Play small-sided and large-sided games in order to implement and reinforce the technical skills and decision making learned that day.
- Experience firsthand Scranton Prep's beautiful campus and the best high school lacrosse facility in Northeast Pennsylvania.

DAILY SCHEDULE

The Daily Schedule will vary based on enrollment and group needs. The day starts at 9:00, lunch will be from 12:00 to 12:45 each day, and we dismiss at 3:00. Players should bring their own water and lunch and all lacrosse equipment (stick, goggles, mouthguard, cleats and sneakers, etc).

COST: \$200 per-camper; aftercare and early drop-off is available for an additional cost.
Learn more at: www.scrantonprep.org/athletics or scan the QR code.

