

NEW HAMPSHIRE



LACROSSE CAMP

July 12th - 16th
University of New Hampshire

CAMP PHILOSOPHY

New Hampshire Lacrosse Camp is designed to introduce lacrosse to beginners while developing those with more experience into highly competitive players. Our camp is based on the philosophy that if players are taught good techniques, it will lead to good skill development and ultimately result in a well rounded and balanced lacrosse player.

CAMP

for all girls entering 5th-8th grades

**If you are younger or older and interested
please e-mail nhlaxcamp@comcast.net*

Registration Fee is \$125
This includes over 17 hours of instruction,
insurance and a reversible Jersey

For more information or to register visit:

www.nhlaxcamp.com

Space is limited

A TYPICAL DAY

9:15	Morning announcements
9:30 - 10:30	Skills development and stick work techniques
10:30 - 11:30	Individual training by position
11:30 - 12:30	Lunch (please bring your own)



CAMP HIGHLIGHTS

Fastest / Accurate Shot Contest

Campers will test their accuracy and speed against the radar gun along with fun competitions throughout the week

Camp Team Competition

On the final day of the camp we will have a round robin tournament to determine a Camp Team Champion

Player Recognitions

Each Division will select players who will receive an award that exemplifies:
Sportsmanship, Improvement, Effort, and Skill