



Gloucester Griffins Junior Lacrosse Club Skills Camp 2008

Two One Day Camps
Saturday March 15 or Saturday April 12 2008

St. Patrick's High School
2525 Alta Vista Drive
9:30 am to 2:30 pm

Price: \$65.00 per day
(Includes lunch & T-shirt)

All players must be registered with a minor lacrosse association in order to participate in this camp.

Featuring

- Stick and Equipment Adjustments
- Basic and Advanced Stick Skills
- Fundamental Lacrosse Skills
- Skills Competition

If you have any questions please contact Dave Smith,
Head Coach & General Manager at 266-9307.
Thank you for your support.

www.gloucestergriffins.com

Gloucester Griffins Jr Lacrosse Club

April 12th @ St. Patrick's High School
2525 Alta Vista Drive

April 19th @ Blackburn Arena
200 Glen Park Drive

The Camp will be restricted to players up to and including Midget. Each one day camp will offer separate programs for new and veteran players. Attendees will be divided into groups according to skill and age level, with each group having 15-20 players and two instructors.

The camp is limited to 65 players each day. Early registration will guarantee a spot. This fun and exciting camp is a huge hit with all the young lacrosse enthusiasts.

Bring running shoes, shorts or track pants, lacrosse stick, helmet (hockey) and gloves. For insurance purposes helmets must be worn in the gym at ALL TIMES.

Lunch will consist of a Barbeque and can of pop. Canteen facilities will be available all day to purchase snacks & drinks.

Head Instructor – Wally Miller

Wally has many years of box lacrosse experience both as a player and as a Coach. He played Junior A and Senior A lacrosse with Mississauga and Brampton and coached for many years within the Gloucester Minor programme. As one of the Head Coaches of the Junior Griffins Wally is looking forward to hosting this year's Skills Camp!

Wally will be assisted by his Junior Assistant Coaches... Rob Woods, Ian Crawford, Trevor Dubien, Ron Laurin and James Leitch, along with the 2008 Gloucester Junior Griffins players.

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Camp Schedule:

9:00 – 9:30	Player arrival & registration
9:30 – 9:45	Program Introduction with question period; Instructor Introduction & Group Assignment
9:45-11:15	NEW PLAYERS Stick set-up & length adjustment; Equipment check; Basic Skills - Trap & Scoop, cradling, passing, catching, elementary rules
	VETERAN PLAYERS Stick tune-up; fundamentals of shooting strings; Warm up drills - Stretching; Pass and Catch
11:15 - 12:15	NEW PLAYERS Introduction to basic Defensive and Offensive skills & strategies including: 1-on-1 defence: team defence; even and odd-man situations 1-on-1 offence; shooting; give-and-go; face-offs
	VETERAN PLAYERS Review Basic Defensive and Offensive skills and strategies; Introduction to advanced Defensive & Offensive skills including; Picks (both how to execute and how to defend) Power Play - Man short Fakes on shots
12:15 - 12:45	Lunch break
12:45 - 1:15	Continuation
1:15 - 2:30	Skills Competitions & wrap up

Thank you to to all the participants and
volunteers for your support.

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