

# Lacrosse CAMP

**Instruction by Oak Hills Lacrosse Coach Mike O'Connor!**



**When: Saturday, August 12**

**Time: 10am - 1pm**

**Where: River's Edge**

**Cost: \$35 (includes t-shirt)**

**Grades: 3rd - 9th**

- designed for beginner player **or** player who has 1 year + experience with age appropriate drills and games
- instruction in the skills and techniques for throwing, catching, cradling, shooting, ground balls, offensive and defensive skills, shooting, and basic concepts of the game
- designed to develop skill and lacrosse knowledge in an atmosphere that promotes learning, competition and fun

**Participants must bring lacrosse stick and water bottle. (Optional: goggles, mouth guard, cleats)**

## REGISTRATION

Name \_\_\_\_\_  Boy  Girl

School \_\_\_\_\_ Grade \_\_\_\_\_ T-shirt size: **YM YL AS AM AL**

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_ Email \_\_\_\_\_

**COST: \$35** Cash or check only. Please make checks payable to River's Edge.  
No refunds unless camp is cancelled. Space is limited.

[RiversEdgeIndoor.com](http://RiversEdgeIndoor.com)  
**RIVER'S EDGE INDOOR SPORTS**

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