



COLUMBIA LACROSSE CLUB

GIRLS LACROSSE CAMP 2023!

For Girls Entering Grades 1 - 9

WHEN - Monday, July 24 - Thursday, July 27. Friday July 28 will be a make-up day in case of rain.

HOURS - 8:30am - 11:30am - Check in starts at 8:15am

WHERE - Genet Elementary School

COST - \$140 (early bird - before July 14) and \$175 thereafter.

Camp Mission Statement - Our goal is to provide a safe and fun learning environment for campers, and teach the necessary skills to be successful in the game of lacrosse. We will structure our time to work on the key aspects of the game: catching, throwing, cradling, shooting, ground balls, offense, defense, faceoffs and goalie play through small sided drills and game play.

Camp Director - Varsity Head Coach, Greg Sherwin.

Coaching Staff - Columbia lacrosse coaching staff, varsity high school players, and recent CHS lacrosse alumni.

Required Equipment - Stick, mouth guard, goggles and a reversible pinnie.

Additional Necessities - Water, applied sunblock on exposed areas and an optional snack.

Registration - For additional information and registration, please visit our website at www.columbialaxclub.com. See the tab at the top of the screen that says "Programs" and begin the process. If you need a reversible pinnie you can order one during signup.

Questions? - Please email questions to columbialaxclub@gmail.com.

Thank you,
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