



## COLUMBIA LACROSSE CLUB

### LACROSSE CAMP 2026

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## For both Girls and Boys Entering Grades 2 - 7

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**WHEN** - Monday, July 27 - Thursday, July 30. Friday, July 31 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. Girls on the lower fields and boys on the upper.

**COST** - \$150 (early bird - before June 1) and \$175 thereafter.

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**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** - Boys Varsity Head Coach and CLC president, Greg Sherwin.

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

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#### **Required Equipment** -

*Girls* - Stick, mouth guard, goggles and a reversible pinnie.

*Boys* - Stick, mouth guard, helmet, shoulder pads, gloves, elbow pads, cup, and a reversible pinnie.

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

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**Registration** - For additional information and registration, please visit our website at [www.columbialaxclub.com](http://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.

***Columbia Lacrosse Club is NOT sponsored or operated by East Greenbush Central School District.***

**Thank you,  
Columbia Lacrosse Club  
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[www.columbialaxclub.com](http://www.columbialaxclub.com)**

