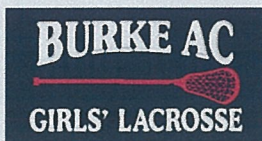


Intermediate/Advanced Girls Lacrosse Camp



July 28—July 31
(rain make up Aug 1st)

6:00—8:00 p.m.

Cost: \$95
(insurance is included!!)

Grades: 1—11

Featured Coaches:

Liz Case, Varsity Girls Lacrosse Coach, Robinson Secondary School

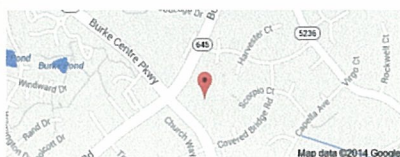
Rich DeSomma, Varsity Girls Lacrosse Coach, Hayfield Secondary School

Debbie Sloan, Varsity Girls Lacrosse Coach, Lake Braddock Secondary School

**Special Guest Instructor:
Rachel Obregon, George Mason University Lacrosse Team Captain**

Location:

Burke School
9645 Burke Lake Rd,
Burke, VA 22015



Catching Blocking Checking
Draws Forcing Passing
Cradles Dodges
Proper Defensive Contact Shooting

This camp is perfect for girls with prior organized lacrosse experience looking to upgrade their skills and knowledge between seasons. Girls will be grouped according to age and skill level to provide a quality learning and fun experience. Featured coaches and other US Lacrosse Level 1 and 2 Certified Coaches will work at skill stations, ensuring that all girls benefit from the knowledge and expertise of the talented coaches assembled for this program.

Our goal is to help motivated players develop enhanced skills and gain additional knowledge and insights to take their game to the next level. We will be focusing on offensive and defensive individual skills as well as team offensive and defensive strategies. We are offering a separate Summer Camp for goalies.

In addition to the serious work, we will keep the camp fun and interesting by incorporating fun warm-ups and having special themed days for the girls to win some prizes.

Girls with prior lacrosse experience from all programs, schools and clubs are welcome to register and take advantage of this great opportunity. Registration numbers will be limited, so please register early to ensure your place in this camp. Girls in 1st or 2nd grade should have the recommendation of their coach before registering for this program.

Register at: <https://www.youthleaguesusa.com/gns/events/000014/Welcome.html>



For further information please email us at baclacrosse@gmail.com