



## NORTHERN VIRGINIA LACROSSE GIRLS SUMMER CAMPS

**Eligibility:** Girls Ages 5-16

**Dates and Times:**

Session 1 – July 1-3(Tues-Thurs) from 5-7pm

Session 2 – July 14-17(Mon- Thurs) from 5-7pm

**Place:** Waynewood Recreation Field on Dalebrook Dr between Waynewood Blvd and Potomac

**Equipment:** Stick, mouth guard, goggles, waterbottle, cleats or turfs

**Price:** (includes a pinney)

Session 1- \$165

Session 2- \$220

**NYLA DIRECTOR:**

**Erin Hellmold**- Former Associate Head Coach Georgetown University

**STAFF INCLUDES:**

Current and former collegiate players and coaches

*Keep your stick in your hand during the summer and continue to enhance your skills!! We will teach individual skills as well as small sided and full field skills. Allow yourself to learn while having fun playing the game we ALL love!*

Please email [nylaxacademy@gmail.com](mailto:nylaxacademy@gmail.com) if you have any questions.

Please mail registration form and check to NYLAX, 907 Darton Dr, ALEXANDRIA VA 22308 and make check payable to New York Lacrosse Academy.

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Parent Name: \_\_\_\_\_ Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Grade: \_\_\_\_\_ School: \_\_\_\_\_

Club/Rec Team: \_\_\_\_\_ Position: \_\_\_\_\_ Yrs Experience: \_\_\_\_\_

Session(please indicate which one): 1 \_\_\_\_\_ 2 \_\_\_\_\_