



Hello Charlottesville Lacrosse Community,

The Charlottesville Bolts are excited to announce our 2016 **Bolts Fall Academy** for boys grades 2-12 (2027-2017) this fall.

### **COACHING ANNOUNCEMENTS**

We are pleased to announce the following coaches for Charlottesville Bolts' fall season:

- **Bolts 2027/2026/2025 Coach:**  
**Dave Garrett**  
Monticello 7-8 Youth Coach
- **Bolts 2024/2023 Coach:**  
**Mario Washington**  
Western Albemarle High School Varsity Assistant Lacrosse Coach
- **Bolts 2022/2021 Coach:**  
**Todd Brown**  
Albemarle High School Varsity Assistant Lacrosse Coach
- **Bolts 2020/2019 Coach:**  
**Alex Whitten**  
Western Albemarle High School Varsity Head Lacrosse Coach
- **Bolts 2018/2017 Coach:**  
**George Mackaronis**  
Covenant School Assistant Lacrosse Coach

\*Additional coaches/assistant coaching hires will be announced shortly.

### **FALL OPEN HOUSE**

The Charlottesville Bolts are having a free open house on Sunday, 8/28 from 4-6pm at St. Anne's-Belfield School's Lower School fields. This is NOT a tryout but a free clinic-style practice to introduce the area youth to the Bolts fast-paced style of lacrosse. All skill levels are invited, and all skill levels will be challenged. No experience is necessary, but all players are required to be dressed in full gear (2025-2027 player - full pads are recommended, but are not required for the free open house!).

## FALL ACADEMY

The Bolts Fall Academy offering is back again for 2016. The Bolts Fall Academy has been established to offer the area's youth the opportunity to be coached by some of the best professional coaches in the area. This is a 12-week program designed to develop player skills in a fun, fast-paced environment. We utilize the very best fields available in the area including both artificial turf and premium grass fields so that all players experience all possible field conditions. The Bolts Fall Academy will occur every Wednesday evening at MONU and every Sunday afternoon at STAB.

The Bolts Fall Academy will cost:

- \$250 for 5th-12th grade players for the 12-week program.
- \$200 for 2nd-4th grade players for the 12-week program.

Register for the fall using the bright orange colored “**Register Now**” button on the upper-right side of the Bolts' website: [www.cvbolts.org](http://www.cvbolts.org).

## INCLUDED IN THE FALL ACADEMY

This year's Bolts Academy includes two different lacrosse training styles including an academy/clinic style as well as traditional team-based training:

- **Academy/Clinic Style** - We will be offering 10 clinic-style lacrosse training/athletic conditioning sessions for all registered Bolts Fall Academy players. These training clinics will focus on fundamentals, conditioning, and cross-training. Academy/Clinic style sessions will be held every Wednesday at MONU led by members of our coaching staff.
- **Team-Based Training** - Every Sunday this fall, each Bolt team will practice weekly at STAB. Led by this year's Bolts' coaching staff, team practices are geared to train players in a traditional team-based format w/ the intention of preparing for game play by the end of October/November.

\*All players will receive a new custom shooter shirt for the 2016 fall season included in the cost of the academy!

## PAY-TO-PLAY FORMAT

Tournaments and home/away game sets will be on a pay-to-play basis. We intend to enter games/tournaments with smaller rosters to allow for more playing time across the board. Coaches will select players to play on tournament teams based on ability, attitude, and effort. If we have enough player interest per age group, we will enter multiple teams. All teams will participate in the following tournaments and game sets this fall, including:

- **Seminole Fall Classic** - Sunday, November 6th; Charlottesville, VA - \$75 per/player
- **Colonial Challenge** - Sunday, November 13th; Williamsburg, VA - \$75 per/player
- **Home/Away Game Sets** - Teams and Dates; TBD - \$25 per/player per game-set

Please help us spread the word by liking our announcement on **Facebook** and retweeting our announcement on **Twitter**.

