



TEXAS HEAT WINTER CAMPS WITH UNC LACROSSE

ABOUT THE CAMPS

UNC Lacrosse is a Top-5 Division I lacrosse program and a perennial National Championship contender. For over 4 years, coaches and players of the UNC Lacrosse program have traveled to Austin to help lead **the premier training camp in the area**, the Texas Heat Camp with UNC Lacrosse. This year UNC returns on December 14th and 15th to for the Winter Instructional Camp and Advanced Positional Camp.



Elite Instructional Camp (grades 1– 8)

- Held in Central Austin, the camp will last from 9:30am – 4pm on December 14th and 15th
- **Early-registration & sibling discounts available**
- Learn critical techniques and develop lacrosse skill in a supportive, positive, and enjoyable environment
- Work and build relationships with top Division I players and coaches in small-groups (better than an 8:1 player-to-coach ratio)
- Creative drills and games designed to reinforce lacrosse skills and important life-lessons including resiliency, fortitude, and responsibility
- ****Players will be separated according to age and ability levels****

Advanced Positional Camp (grades 9+)

- Held in Central Austin, the camp will last from 9:30am – 4pm on December 14th and 15th (on an adjacent field to the Elite Instructional Camp)
- **Early-registration & sibling discounts available**
- More challenging, position-specific instruction designed exclusively to challenge players
- Collegiate-level drills that emphasize advanced skills and techniques
- Small-groups and better than an 8:1 player-to-coach ratio (**only 15 players will be accepted at each position, including goalies**)
- Each player will receive a personalized player evaluation following the camp

Additional Information: The cost of the Elite Instructional Camp is \$297. The cost of the High School Advanced Positional Camp is \$347. Save \$30 by registering before October 27th

Questions? Please contact Texas Heat Lacrosse's Operations Manager, Shannon Stephenson, at Shannon@texasheatlacrosse.com or call Jamie DeBole at 512.574.2840

Learn more and register at www.texasheatlacrosse.com

