

# MONTCLAIR HIGH SCHOOL BOY'S LACROSSE INSTRUCTIONAL CAMP/LEAGUE 2018



## INCOMING FRESHMAN

- Open to **BEGINNERS AND PLAYERS WITH EXPERIENCE**
- Come interact with Montclair HS Boy's Lacrosse Coaches, learn about the culture of the program, and begin to learn concepts/drills that are valued in the Montclair HS Lacrosse Program
- Learn what skills and fundamentals it takes to be a Montclair High School Attackman, Midfielder, Defender, and Goalie
- Become a better player through position specific drilling, team drilling and gameplay through pickup/speed lacrosse!

### **WHERE:** Centercourt Club and Sports

- Address: 14 Depot Square, Montclair, NJ 07042
- Grand Opening/Newly Renovated Bubble

### **WHO:** Grades: Incoming Freshman

- Coaches will consist of Montclair HS Lacrosse staff, former Montclair High School Lacrosse players, and special guest coaches.

### **WHAT:**

- This camp is designed for any **beginner players AND younger players with experience.**
- Focus will be on position specific drilling, team drilling and gameplay through pickup/speed lacrosse
- Position specific skill sets will be developed (attack, midfield, defense, goalie)

- **Individual player evaluations will be given to each player at the end of camp from Head Coach of Montclair HS, Mike Diehl**

### **WHEN:**

- Wednesdays and Thursdays starting July 18 and ending August 9
- 7/18, 7/25, 7/26, 8/1, 8/2, 8/8, 8/9
- 4pm-6pm

### **COST**

- Earlybird Registration: \$250 (LAST DAY TO SIGN UP FOR EARLBIRD REGISTRATON IS JUNE 22)
- Regular: \$295

### **HOW/WHEN DO I SIGN UP?**

- <http://centercouracademy.com/programs/summer-2018/centercourt-montclair-summer-camps-2018>
- Register using the above link!
- Earlybird registration cost ends June 22

### **WHAT DO I NEED TO BRING?**

- Lacrosse stick
- Helmet
- Mouthpiece
- Arm Pads
- Gloves
- Shoulder Pads
- Cup
- Cleats
- Water/Gatorade