**VOORHEES LACROSSE SUMMER CAMP 2016**

**Do you have what it takes to be a future Viking Lacrosse player?**

**Come learn our drills, philosophy, offensive/defensive schemes and what it takes to become a successful player in our program!**

**Become a better fundamental lacrosse player while having fun!**

[](https://sites.google.com/site/voorheesvikesfb/home)

**Location**: Woodglen Elementary School

**Address**: 70 Bunnvale Rd.

Califon, NJ 07830

**Grade Level/Dates**:

* Grades entering 5th-8th July 18-July 21 8AM-12PM
* Grades entering 9th-12th July 18-July 21 4PM-8PM
* Grades entering 1st-4th August 15-August 18 8AM-12PM

\*Rain date is Friday of each week

\*Each camper will receive a lacrosse pinnie

**Cost**: 1st-4th ($165, pinnie cost included)

5th-8th ($165, pinnie cost included)

9th-12th ($165, pinnie cost included)

**Last day to sign up is JUNE 30**, spots are filling fast!

**Coaches**: Coaches will consist of Voorhees Lacrosse staff, former Voorhees lacrosse players, and special guest coaches

\*\*\*Open to all positions defense, goalie, midfield, attack\*\*\*

\*\*\*Registration can be completed at **WWW.LTAA.SPORTSOFFICE.COM\*\*\***

Camp Description:

* **1st-4th**: Focus of camp will be on the fundamentals of the game. Offensively there will be a focus on proper catching and throwing technique, dodging, shooting, and offensive strategy. Defensively there will be a focus on proper footwork/checks, and communication/team defense. All drills and learning will reflect directly with the Voorhees Lacrosse program.
* **5th-8th**: Focus of camp will be on the fundamentals of the game. Offensively there will be a focus on proper catching and throwing technique, dodging, shooting, and offensive strategy. Defensively there will be a focus on proper footwork/checks, and communication/team defense. Offensive/defensive Voorhees schemes as well as riding/clearing Voorhees schemes will be worked on as well. All drills and learning will reflect directly with the Voorhees Lacrosse program.
* **9th-12th**: Focus of camp will be on the fundamentals of the game. Offensively there will be a focus on proper catching and throwing technique, dodging, shooting, and offensive strategy. Defensively there will a focus on proper footwork/checks, and communication/team defense. This is a great opportunity for any incoming freshman to get a taste of what the Voorhees Lacrosse program is all about and to learn schemes so we can hit the ground running in the spring. This is also a great opportunity for any players already in the program to continue to work on their game and learn what is expected of them as they move up a grade level. It will also be a chance for the Voorhees Lacrosse staff to evaluate for the upcoming year.