



# VOORHEES VIKINGS

## Boys Lacrosse Camp 2018

**Future, Present, and Past**



**SAVE THE DATES!**

**The Vikings Lacrosse Camp is back for the Summer of 2018!**

Learn our drills, philosophy, offensive/defensive schemes, and what it takes to be a successful player in our program!

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

Each camp will conclude with their own *Red and Gold* game and barbeque!

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### **Grade Level/Dates:**

- **Grades Entering 1<sup>st</sup>-8<sup>th</sup>**  
Camp Dates: July 16-20
- **Grades Entering 9<sup>th</sup>-12<sup>th</sup>**  
Camp Dates: July 16-20

**\*\*\*Location, specific times, and cost are still being finalized\*\*\***

**Registration information will be sent out soon!**

Contact Coach Perkalis at [nperkalis@nhvweb.net](mailto:nperkalis@nhvweb.net) or 908-638-2199 ext. 7402 with questions



# Camp Description

**Coaches:** Coaches will consist of Voorhees Lacrosse staff, former Voorhees lacrosse players, NCAA and MCLA all-conference players, NCAA coaches, and special guest coaches.

**1st-8th:** The emphasis of camp will be on developing the fundamentals of the game. Offensively, players will focus on proper catching and throwing technique, dodging, shooting, and offensive strategy. Defensively, players will focus on proper footwork, positioning, quality checks, communication, and team defense. Collectively, players will learn full field concepts such as subbing, riding, and clearing. All drills and learning will directly reflect what Voorhees Lacrosse program practices and implements to be successful. Players will be split into appropriate age groupings where they will receive individual attention from our coaching staff and volunteer high school players. The final day of camp will consist of our “Red and Gold Game” where players will have the opportunity to showcase the skills that they have learned and practiced throughout the week.

**9th-12th:** The emphasis of camp will be on mastering the fundamentals of the game and developing a top-notch skill set. Players will fine tune their offensive skills and develop high-level techniques. They will be introduced to our offensive strategies and develop their playing IQ. Defensively, players will focus on proper footwork, positioning, quality checks, communication, and team defense. They will develop advanced skills to help them guard the most difficult opponents and be introduced to our defensive packages. Collectively, players will learn full field concepts such as subbing, riding, and clearing. Players will learn some of the more complex clears and rides that we run in our program. All drills and learning will directly reflect what Voorhees Lacrosse program practices and implements to be successful. This is a great opportunity for any incoming freshman to get feel for what the Voorhees Lacrosse program is all about and to learn schemes so that they are adequately prepared to join the program in the spring. This is also a great opportunity for any players that are already in the program to continue to work on their skills and learn what is expected of them as they move up to the next grade level. It will be a chance for the Voorhees Lacrosse staff to evaluate players for the upcoming year and for the players to begin to develop chemistry together. The final day of camp will consist of our “Red and Gold Game” where players will have the opportunity to showcase the skills that they have learned and practiced throughout the week.

**Alumni:** Following the youth and high school “Red and Gold Games,” the Voorhees High School Boys Lacrosse Alumni Game will be held. Former players will arrive throughout the final day to support our youth and high school teams while preparing to play their game in the evening. Younger players are welcome to stay, meet our alumni, and enjoy the game. It will be a great community event!

