

Linwood Summer Enrichment Boys Lacrosse Camp

Introduction: Lacrosse is the fastest growing sport in the U.S. Come experience the sport and become a player. We'll have fun and learn the basics (sportsmanship, rules, scooping, catching, throwing, dodging...) from a US Lacrosse certified and Mainland League LAX coach. Because we are focusing on skills, there will be no physical contact and we'll be using soft, practice balls. There will be fun skill assessments to challenge players.

Required Equipment: Lacrosse stick, soft practice ball, shorts, t-shirt, hat, cleats, large water bottle, healthy energy snacks, bug spray, sunscreen, and a gym bag.

Schedule:

Boys Grades 4th thru 5th / MWF / 9:00 – 10:30 AM

Boys Grades 1st thru 3rd / MWF / 10:30 – 12:00 PM

