

Summer Lacrosse Camp 2010

Tuesday 31st August - Friday 3rd September

for girls aged 11 - 16 years
£90.00 per week

Non-residential 10.00 - 4.00 each day

to be held at

St. Helen's School
Eastbury Road, Northwood
Middx HA6 3AS

Organised by **Mrs V Alexander**

Contact:

07966 224318 (mobile)

vic.alexander@stcatherines.info

Lacrosse Camp
46 Curling Vale
Guildford, Surrey
GU2 7PH

Aim

The Summer Lacrosse Camp aims to provide pre-season training to enable girls to develop and improve their playing skills to their full potential. Our experienced staff will use a structured programme and individual instruction to achieve this. The camp is designed for girls of all abilities and will benefit both novices and experienced players. Prepare for the coming season in our fun environment.

Equipment Needed

1. All players should bring boots and trainers.
2. Mouth guards are compulsory (can be fitted by your dentist).
3. Suitable clothing for playing in (warm and wet weather gear).
4. Swimming may be offered during the breaks.
5. Girls should bring their own packed lunch, including a drink. Girls are also asked to ensure they have a waterbottle which can be re filled.
6. There may be an opportunity to go to the local shops or buy lacrosse merchandise on site so girls may wish to bring a small amount of money

Although we take great care to ensure the safety of your children, we cannot accept liability for any accidents or loss of property that may occur. Parents should make their own arrangements for personal injury insurance if they wish to do so. All clothing and sports equipment should be properly named.

10.00- 11.00	Warm up/stretch/stickwork drills
11.00 - 11.20	Break
11.20 - 12.30	Coaching session 1
12.30 - 1.30	Lunch
1.30 - 2.40	Practice afternoon skill
2.40 - 3.00	Break
3.00 - 4.00	Game situation - concentrating on days skills

Summer Lacrosse Camp

Name of Girl: _____(please print)

Home Address: _____

Parent's number: (home) _____

Parent's number: (work) _____

Emergency Number: _____

E-Mail address (further details and future information will be sent by e-mail: _____

Age (as of 31st August 2010) _____

School: _____

Lacrosse experience: _____

Any medical conditions: _____

Is your daughter a GK (Please tick if yes) _____

I do/do not give permission for her to go to Northwood during break and lunch (please delete as appropriate)

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Cost of attending camp is £90.00 per week

No refunds will be issued after 1st July 2010

If you would like confirmation of booking, please enclose s.a.e.

Cheques payable to: Summer Lacrosse Camp

Please return to: Vic Alexander Summer Lacrosse Camp,

46 Curling Vale, Guildford

Surrey GU2 7PH

