

SUMMER LACROSSE CAMP



JULY 4 - 8TH
8:00-4:30



AT THE CENTENNIAL BOX

The **Peninsula Lacrosse Association** is pleased to announce our annual Summer Day Camp. The camp will be held at our **local box in Centennial Park** and will be lead by a great group of guys, Head Coach Chris McKay(NLL player and former Shamrocks Captain) along with our own PenLax President Kiernan Limming(Mars Hill Lions NCAA Div2) The camp will run from **8:30 - 4:00 with an extra half hour available for drop-off and pick-up time (8am-4:30pm).**

The camp is for **Mini-Tyke to Novice** players. The coaches will run them through a number of **skill building drills**, teach them about **stick care**, and of course **lots of other fun activities**.The cost of the camp is **\$175 for runners and \$100 for goalies**.

Campers will need to bring:

- lacrosse gear (helmet, gloves, stick, pads)
- swimsuit and towel for some cooling off activities
- sunscreen
- lunch and snacks (fridge available for lunch and drink storage)

To register, please reply via e-mail (axle1@shaw.ca) with the following information:

(Payment can be made the first day of the camp - cash or a cheque to Peninsula Lacrosse Association)

Player Name: _____

Age: _____ Lacrosse Experience: _____

Medical Number: _____

Medications or other information we should know: _____

Parent Contact information:

Name(s): _____

Daytime Number: _____ Daytime Number: _____

Cell Number: _____ Cell Number: _____

Alternate Contact Information:

Name: _____

Relation: _____ Daytime Number: _____

Freezies will be provided for the campers. Please let us know of any food allergies

For additional information please contact Di Young via e-mail or at 544-2028.