

STiX UP LACROSSE CAMP

Summer 2018: July 16th to September 10th

“Practice puts brains in your muscles” (Sam Snead)

Beginner/ Intermediate Session—9:00 am - 10:00 am

Advanced Session—10:00 am to 11:00 am

For Grades 3rd to 7th (Grade in Fall of 2018)

Presented by: StiX Up Lacrosse

Beginner/Intermediate Session:

Lacrosse 101 - Understand the game of Lacrosse: fundamentals, rules, equipment use etc. Learn fundamentals: pass, catch, and shoot, acquire ground balls, learn proper defensive footwork and posture, gain confidence in 1 on 1 situations.

Advanced Session:

Become an offensive beast: be proficient in shooting anywhere around the crease; learn new dodges to add to you offensive arsenal; pass, catch, and shoot on the move; beat your defender.

Dominate on defense: Learn key footwork techniques & other aspects of defense as an individual and team player. 1 vs 1, 2 vs 2, and team ground ball drills.

Face Off Techniques: 1 vs 1 and 2 vs 2 drills; learn how to win the clamp, pivot & scrape the ball away from your opponent.

The Art of Space: Find the open space, put yourself & your body in a position to make a play for your team, move (without the ball) with purpose.

Camp Dates: July 16th, 23rd, 30th; August 6th, 13th, 24th(Friday), and 27th;
September 10th (Last Session of Camp held at 6pm)

Camp Cap: We will have a maximum of 22 players per session

Camp Cost: Beginner/Intermediate - \$25.00 per session Advanced - \$20.00 per session

Payment Requirement: To secure your spot, payments in increments of 4 weeks is encouraged.

****No checks please**

WHAT TO BRING: Helmet, Shoulder pads, Elbow pads, Gloves, Cup, Mouth guard, Cleats or Turf shoes and a Water bottle. ****If you need any lacrosse gear, “Play It Again Sports” will rent all the equipment you need for a, highly discounted, one time fee of \$25, for the duration of our camp.**

CAMP LOCATION: Centennial Middle School 3000 S Machias Rd, Snohomish Wa 98290

REGISTRATION FORM BELOW

STiX UP LACROSSE CAMP REGISTRATION FORM

(please fill out and email to dpocknett@yahoo.com to reserve your spot)

Name: _____ Age: _____ Grade: _____

Email: _____ Phone: _____

Address: _____

Camp Session (Circle One): **Beginner/Intermediate** **Advanced Session**

Grade (Circle One): 3rd/4th 5th/6th 7th/8th

Participant Waiver and Release

I am fully aware of the special dangers and risks inherent in the activity, including physical injury, death or other consequences that may arise or result directly or indirectly from the activity. Being fully informed as to these risks and in consideration of the privilege of participating in the above described activity, I hereby assume all risks of injury or liability and waive any right of recovery from, or to bring suit against Stix Up Lacrosse and/or the Snohomish School District and its affiliates including camp organizers, sponsors, supervisors, coaches and other participants for any personal injury, death or other consequences arising out of the participation in the activity. As the parent or guardian of the above applicant, I give my permission for any emergency treatment necessary at any camp facility. I authorize any hospital, emergency medical facility, and/or physician to perform emergency treatment for any injuries resulting from any Stix Up Lacrosse Camp activity.

Signature of Participant: _____ Date: _____

Signature of Parent/Guardian: _____ Date: _____