

## TOPICS COVERED IN CAMP

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Individual Offense/Defense

Team Offense/Defense

Stick Handling

Shooting

Speed Training

Goal Setting/Time Management

Goalie Fundamentals

## TYPICAL DAY

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9:00- 9:15 Intro of Staff and Daily Agenda

9:15-9:35 Camp Discussion

9:35-9:50 Stretching

9:50-10:15 Speed Training

10:15-10:20 Water Break

10:20-10:45 Stick Drills

10:45-11:15 Dodging (offense and defense techniques)

11:15-11:20 Water Break

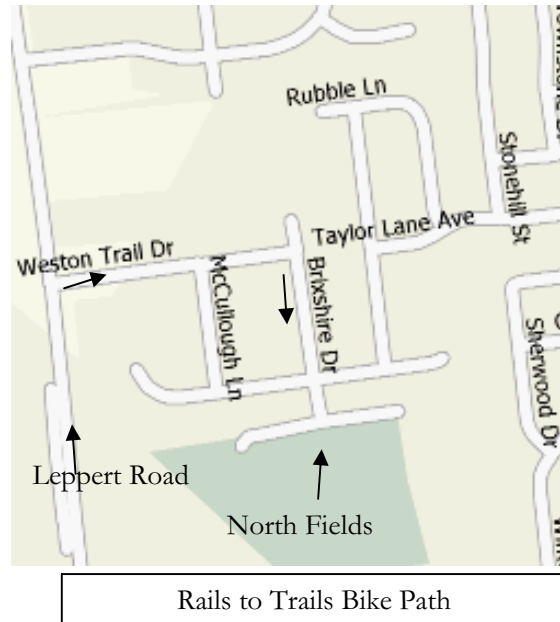
11:20-11:45 Team "O" and "D"  
(Strategy/Concepts)

11:45-12:00 6 vs. 6

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Directions to Camp:

North on Leppert Road turn right onto Weston Trail Dr. Weston Trail Dr. to Brixshire Dr. then turn right. Brixshire Dr. will take you to the North Fields.



**Panther Lacrosse Camps**

**Coach Joe Wilt**

**7763 Sharlene Dr.**

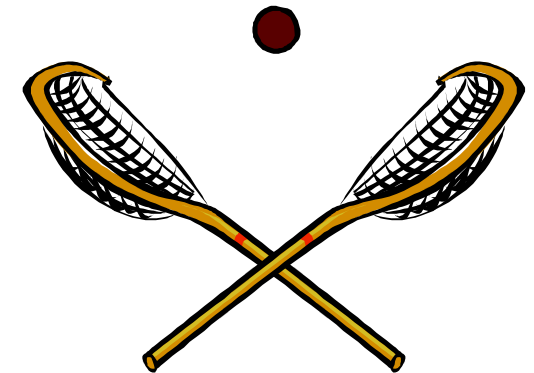
**Columbus, Ohio 43016**

**Phone: 614-270-3362**

**Email: joseph.wilt@yahoo.com**

**Panther Lacrosse  
Camps  
present:**

**The Summer Boys Youth  
Lacrosse Camp**



**June 22-25  
9 am- 12 noon**

# PANTHER PHILOSOPHY:

The role of athletics and extra-curricular activities often provides students with a supplement to their education. Through participation in athletics, athletes can learn many things beyond the “x’s” and “o’s” in a particular sport.

The focus on team work, goal setting, self discipline and time management are key ingredients to making young men develop into fine student-athletes. It is my belief that Lacrosse can be a great opportunity for young people to experience the challenge of improvement, the success of achieving team and individual goals and the joys of overcoming adversity.

Lacrosse is a unique sport that has been in our country far longer than many of our families have been. The game is sacred, and those who play, will become a part of a brotherhood of “Warriors”. This is the essence of the family involved in the sport of lacrosse. We need to cherish our friends and family that make it possible for us to play this great game.

It is our hope that your son will become a great person and that Lacrosse may be a springboard for his personal growth and development both physically and mentally.

The camp is open to 2<sup>nd</sup>- 5<sup>th</sup> Graders and 6<sup>th</sup>- 9<sup>th</sup> graders (for 2009-2010 school year). As our numbers continue to grow, we will provide your son with the instruction and challenge at the level he needs it!

## **2009 Camp Events Include:**

- **Fastest Shot Contest**
- **Scoop and Shoot Contest**
- **“2 Liter” Shoot-Out Contest**
- **Face-off King of the Hill Contest**

### **Your Camper will receive:**

**\*camp reversible Jersey,  
prizes, sprint training, goal  
setting, study and time  
management skills,  
instruction from a great staff,  
and 4 DAYS OF FUN!!!!**

Camp Fee: \$100 (four days)

Registration Deadline: 6/18/08

Mail Registration and checks payable to:

Joe Wilt

7763 Sharlene Dr.

Dublin, Ohio 43016

### REGISTRATION FORM:

Camper Name: \_\_\_\_\_

Grade in '09-'10 \_\_\_\_\_

Address:

\_\_\_\_\_

Emergency Contact \_\_\_\_\_

Emergency Contact Phone #: \_\_\_\_\_

Shirt Size: S M L CHILD or S M L ADULT

Waiver: I understand that Lacrosse is a dangerous sport that can cause injury and in rare cases death. I will not hold Joe Wilt, Camp Staff, or Hilliard City Schools liable for any unfortunate or unwanted outcome involving injury or personal harm.

Parent Name \_\_\_\_\_

Parent Signature \_\_\_\_\_

Please mail the above registration form to Joe Wilt.