

- **Competitive Development and Junior Try-out Camps Spring 2019**

Returning for the Spring in 2019, the Gloucester Griffins JR B Lacrosse Club, under the auspices of the Gloucester Lacrosse Association (GLA), will again offer an **'advanced competitive skills development program'** for experienced peewee and bantam lacrosse players who want to continue to improve their game at the next level! The Griffins will also offer a **'Junior Griffins development & spring training camp'** for midget and junior age players that will have the opportunity to play with the Griffins JR B Club as full-time junior players or affiliated player call-ups in 2019. **The Griffins' coaching staff will be monitoring player skill sets with a view to the make-up of the Griffins JR B team in 2019, so the expectation is, if you plan to play for the Griffins in 2019 and are currently 'in town', you need to be there!** These camps are being offered in a 'true' box lacrosse venue (indoor box/rink) which will aid in teaching box lacrosse skills!

The camps are designed with the competitive player in mind, but open to all who want to develop their skills and give them an edge on the floor to play at the highest calibre possible. All players at both levels will be taught the same Offensive concepts, Defensive systems and Transition tactics that the Gloucester Griffins JR B team will be running in 2019. Additional individual skill training will be emphasised at the younger age group to allow those players to assimilate the team skills necessary to play the systems played at the highest levels. Instruction will be overseen by our large cast of current and ex Gloucester Griffins staff and players with skill sets ranging from JR B, all the way to the NLL! Take your game to the next level. Registration will be opening after we evaluate any commentary and suggestions. However if you want to join now, please advise us by return e-mail and we will ensure you get all further information.

### **Experienced Coaching**

The program will be instructed by the Griffins JR B coaching staff and executive members consisting of Head Coach, Jeremy Kearns (JR B, SR B), Assistant Coach Derek Bailey (JR C, JR B, SR B), Assistant Coach Kevin Wallace (JR B, JR C), Assistant coach Mike Maunders (JR B, SR B), Assistant Coach Frank Sinfield (JR C, JR A, NCAA), Assistant Coach Tyler Collins (JR B, SR B), former Assistant Coach Francis Dostie (NLL, MSL, JR A, JR B), former Goalie Coach Brett Perras (JR B, JR A, NLL, SR B), Executive member Robbie Woods (JR B, JR A, SR B) and guest instructors, James Leitch (JR B) and Brandon Fournier (JR B, SR B).

- **Offensive concepts taught include:** Introduction to the basic 2 man game – picks/rolls, cutting, general offensive systems, how to run a weak side/strong side offence on the ball/off the ball;
- **Defensive systems & concepts taught include:** Proper defensive positioning, defending pick and rolls, defending on ball vs off ball;
- **Transition tactics include-** how to attack/defend transition (2 v 1, 3 v 2, 4 v 3).
- **Specialized goalie instruction** will also be available from NLL. SR A, JR A and JR B instructors!

### **Program Details**

- **Who:** Two age groups
- PW/Bantam (birth year 2005-2008)
- Midget/Intermediate/Junior (birth year 1998-2004)
  - **When:** Eight sessions, 90 minutes each, between February 10 – March 31, 2018 (\*see schedule below)
  - **Where:** Jean-Marc Lalonde Arena, 1450 Du Parc Avenue, Rockland, Ontario
  - **Cost:** \$100.00 for all 8 sessions, plus \$20 for a pinnie if you don't have a Griffins' one or drop-in for \$20 per session (Note: drop-in participants must purchase a pinnie for \$20 or already have one at their first session)

Preregistration is required using the attached form so that we will have the necessary personal information and can ensure the proper number of instructors and pinnies by age group.

### **PW/Bantam Program Overview**

The PW/Bantam (11-14 years) will be tailored to teaching and improving individual and team skills that will allow the players to play competitive lacrosse for the GLA at an 'enhanced' level in 2019; including basic individual skill development such as passing/catching at an elevated pace while under pressure, focusing on skill development and floor awareness (positioning) during all drills at a high intensity pace. Individual coaching, will be available as required, to focus on improving weaker skills specifically.

### **Midget/Intermediate/Junior Program Overview**

The Midget-Junior (15-21 years) will be tailored to teaching individual and team skills, including the introduction and development of communication techniques within offensive and defensive strategy that they will require to play JR B lacrosse in 2019 or within the next few years (bearing in mind that midget players may affiliate up to the JR B team); and will include the integration of the JR B Griffins' defensive systems and offensive concepts, how to structure a five man offence and defensive concepts including playing a defensive wall system and how to attack/defend transition (2 v 1, 3 v 2, 4 v 3).

### **Camp Schedule 2019**

- Sunday Feb. 10 2-3:30 PM; PW/Bantams; 3:30-5 PM Juniors/Intermediates/Midgets;
- Tuesday Feb. 19 7-8:30 PM; PW/Bantams; 8:30-10 PM Juniors/Intermediates/Midgets;
- Sunday Feb. 24 2-3:30 PM; PW/Bantams; 3:30-5 PM Juniors/Intermediates/Midgets;
- Sunday Mar. 3 2-3:30 PM; PW/Bantams; 3:30-5 PM Juniors/Intermediates/Midgets;
- Sunday Mar.10 2-3:30 PM; PW/Bantams; 3:30-5 PM Juniors/Intermediates/Midgets;
- Sunday Mar. 17 2-3:30 PM; PW/Bantams; 3:30-5 PM Juniors/Intermediates/Midgets;
- Thursday Mar. 21 7-8:30 PM; PW/Bantams; 8:30-10 PM Juniors/Intermediates/Midgets;
- Sunday Mar. 31 2-3:30 PM; PW/Bantams; 3:30-5 PM Juniors/Intermediates/Midgets;