



## NEW & RETURNING PLAYER

### Skills Development Camps 2017

These fun and exciting camps are a huge hit with all the young lacrosse enthusiasts.

**Saturday April 8**  
**Osgoode Arena**  
5660 Osgoode Main St,  
8:45am to 1:30 pm

**Saturday April 15**  
**Blackburn Arena**  
200 Glen Park Drive  
8:45am to 1:30 pm

**Price: \$70.00 per day**  
**(Includes snacks, drinks & T-shirt)**  
**BONUS FEATURE: Register for both**  
**sessions for \$110.00 total**  
**(NB; no additional t-shirt for Camp #2)**

If you have any questions please contact; Dave Smith,  
GM at 737-3476 or e-mail: Glenda\_Dave@sympatico.ca  
or Rob Woods, AGM at 620-4896 or e-mail:  
rob\_b\_woods@hotmail.com.

[www.gloucestergriffins.com](http://www.gloucestergriffins.com)

## LOCATIONS

**Osgoode Arena April 8<sup>th</sup>**

**Blackburn Arena April 15<sup>th</sup>**

The Skills Camps are aimed at players between the ages of 7 (tyke) & 16 (Midget)

Each one day camp will offer separate instruction:

- for new players needing the basic skills to play box lacrosse;
- for returning players interested in taking their game to the next level.

Attendees will be divided into groups according to skill, size, gender and age level, each group consisting of 10-15 players and two instructors.

Minimum equipment requirement is running shoes, shorts or track pants, lacrosse stick, helmet w/ mask (hockey) and gloves. **There will be some scrimmage activity and checking instruction so full protective lacrosse equipment including kidney, arm and shoulder pads would be preferred! Helmets must be worn on the floor at ALL TIMES.**

**The main camps are limited to 65 players each day and early registration will guarantee a spot.**

Snacks will consist of fruits, bagels, crackers and juice. All participants bring their own water in a labelled container.

**Lead Instructors – Jeremy Kearns, Head Coach**  
– Francis Dostie, Assistant Coach  
– Kevin Wallace, Assistant Coach  
– Shayne Snider, Assistant Coach

**Jeremy** has coached for seven years with the Junior Griffins, the last three as Head Coach and was the leader of the 2014 Coaching Staff of the Year & Head Coach – U of Ottawa

**Francis** has won a Founder's Cup with Wallaceburg JR B, played JR A with Brampton, SR A with Barrie, Brampton and Akwesasne and NLL with the Buffalo Bandits.

**Kevin** is a long time coach in Eastern Ontario working with the Nemesis U19 field club, the Brockville JR C Blast, the Kingston Kings midget team and the Griffins JR B Lacrosse Club.

**Shayne** has played with Orangeville JR B, U. of Western Ontario, U. of Ottawa and coached throughout the Caledon minor system and with the Griffins JR B team..

The coaches will be supported by players of the 2017 Gloucester Junior Griffins.

## Gloucester Griffins Junior B Lacrosse Club

### Camp Schedule:

8:45 – 9:00 Player arrival & registration

9:00 – 9:15 Program Introduction with question period;  
Instructor Introduction & Group Assignments

9:15- 10:00 Parents briefing about lacrosse with Q & A

9:15- 10:15

#### NEW PLAYERS

Stick set-up & length adjustment;  
Equipment check;  
Basic Skills - Trap & Scoop, cradling, passing, catching, elementary rules

#### RETURNING PLAYERS

Stick tune-up; fundamentals of shooting strings;  
Warm up drills - Stretching; Pass and Catch

10:15 – 11:15

#### NEW PLAYERS

Introduction to basic Defensive and Offensive skills & strategies including:  
✓ 1-on-1 defence: team defence;  
✓ even strength and odd-man situations  
✓ 1-on-1 offence; shooting; give-and-go and face-offs.

#### RETURNING PLAYERS

Review basic defensive and offensive skills and strategies;  
Introduction to advanced Defensive & Offensive skills including:  
✓ Picks (both how to execute and how to defend)  
✓ Power Play - Man short  
✓ Fakes on shots

11:15-11:45 Snack break by group (activities will continue)

11:45-1:15 Skills Competitions & Scrimmage

1:15-1:30 Player pick-up

**All players must be registered with a minor lacrosse association in order to participate in these camps.**

**Thank you to all the participants and volunteers for your support.**