



Advanced Lacrosse Skills and Drills Camp

- What:** Lax skills, drills, small area games, foot work, conditioning
- Equipment:** Full Gear (helmet, stick, shoulder pads, elbow, and mouth piece)
- Time:** **MON. & WED.** 8:30 PM -9:30PM **FRI.** 7:00-8:30PM
- Cost:** \$40.00 (16.5 hours of time)
- When:** MONDAYS -January 8, 22, 29, Feb. 5, 12
WEDNESDAYS – January 10, 24, Feb. 7, 21
FRIDAYS – January 12, 19, 26, Feb. 2, 9
- Where:** Shadow Ridge Middle School (Holly St) on **Mondays** and **Wednesdays**
Rocky Mountain Sports Soccer facility (112th Ave) on **Fridays**

All participants must be 13 -17 years of age. Prior lacrosse play is a must.

To Register: visit our website: <http://tshq.bluesombrero.com/adams12unitedlax>

Step 1 - create a LOGIN

Step 2 - register your child

Step 3 - Click program-A12 ADVANCED

Step 4 - submit payment

CONTACT COACH FORD with Questions

5290 E. 130th Circle Thornton, CO. 80241 (904)449-9529

EMAIL forddog92@hotmail.com **WEBSITE** <http://tshq.bluesombrero.com/adams12unitedlax>