



SJP BOYS' LACROSSE CAMP

Location: The Proving Grounds
725 Conshohocken Rd, Conshohocken, PA 19428
(Field 5)

Date: July 12-13

Time: 9AM-12PM (both days)

**Registration and Payment: Please register through the link located on our website: sjprep.org
Go to the Admissions page and see summer programs.**

Grade Level: Boys going into 6th-9th Grades

Details: This will be an instructional clinic for boys in grades 6th-8th. We will specifically focus on teaching three areas during the two days: Shooting, Goalie Play, and Face-offs. The shooting will address a variety of different skills, including technique and position-specific. The Goalie instruction will focus on footwork, hand speed and stickwork. Face-off instruction will entail fundamentals, counters, and stickwork. Zach Cole of Saint Joseph's University will lead our face-off instruction.

Cost: \$100.00

Payment and registration are handled through the Prep website under the Admissions tab.

What to bring: Field players should bring all equipment, including cleats and a mouth guard. Goalies should bring all equipment (cup, chest protector, etc). Goalies will be involved with live shooting drills. Please bring your own water.

Who to contact: If you plan to attend, please email Dan Keating and detail your son's name, grade and position. dkeating@sjprep.org

