

Atlas Tube Centre

Lacrosse Camp

August 12th-August 16th — Ages 4 years to 15 years (Junior and Senior groups divided)

This 5 day camp is a fun and engaging week for young kids to come enjoy playing the great game of lacrosse. This week will also have many more games, activities and entertainment planned throughout focusing on skill development, teamwork and competition. Everyone will learn the basics of lacrosse (passing, catching and shooting) along with the importance of working as a team in different game situation. All first time and experienced players are welcome.



****Non-contact, all equipment provided****

Hope to see you soon !!!

8:30 Drop off. Icebreakers games - different games each day

9:30 Basic skill learning and development - progressive throughout the week

10:45 Snack

11:00 Competitive games with prizes- skilled shots, team games and 1 vs 1

12:00 Lunch

12:30 Change for swim time (need swim suit and towel)

1:00 Swim / splash pad / water gun and balloon battle -varies daily

2:00 Change for outdoor activity

2:15 Snack

2:30 Outdoor large game activity - mini lacrosse, capture the flag, bike riding/ hiking and many more (varies daily)

3:45 Clean up and indoor activity until pick up at 4:30pm

4:30 Pick-up time

Coach Noah Bushnell