



Be a part of the fastest growing sport on two feet...

Summer Camp for girls grades 3-9! Elmhurst

BEGINNERS: This camp will teach the rules of girl's lacrosse and build fundamental skills of the game including: throwing, catching, cradling, shooting & scooping ground balls, then move on to more advanced skills such as offensive and defensive positioning and simulated game play.

EXPERIENCED: This camp will help the more experienced player to fine tune skills, correct positioning, and learn advanced techniques for improving your game. Experienced players will engage in game situations and tactics at an advanced level with coaches who play a high level of lacrosse.

DATE: June 14 - 18

TIME: 10 – 12 noon

LOCATION: Berens Turf Field D

Fee: \$140.00

Goggles, sticks and mouth guards are *required* equipment to play.

Not a District 205 activity

visit www.iglax.org for detailed information

For Who?

Whether you are a beginner or have previous experience, this summer camp is for you!

Age Groups?

3rd-9th grade.
Girls will be divided by skill level.

