



## Alpharetta High School Junior Raiders Boys Lacrosse 2010 5th Annual Summer Camps

This summer Alpharetta High School Lacrosse will proudly host the 5th annual Raider Summer Youth Boys Lacrosse Camps – open to any student entering their 1<sup>st</sup> - 5<sup>th</sup> grades and 6<sup>th</sup> - 9<sup>th</sup> year grades during the 2010 – 2011 school year. The camp will consist of a four day instructional session; beginning Monday July 19<sup>th</sup> held in the afternoons at the Alpharetta High School Turf Field. More specifics can be found below.

The AHS Raiders' youth camp is designed for each camper to improve their lacrosse skills and to obtain a greater understanding of what it means to be a student-athlete. During the camp, each athlete will be coached on the proper skills needed for their position. Campers will have the opportunity to learn from the AHS Lacrosse staff and varsity athletes.

Each day campers will begin with a thorough stretching exercise program, followed by a warm up program designed to build fundamental lacrosse skills. Next, the campers will break into offensive and defensive groups. They will be taught correct stance, and position responsibilities. Multiple water breaks will be incorporated throughout the day to maintain hydration. *Campers should provide for their own water and/or sports drinks.*

During the camp, there will be short talks covering sportsmanship and the role of the student-athlete, as well as question and answer sessions with the coaches.

### **ALPHARETTA RAIDERS YOUTH LACROSSE CAMP - Dates, Time & Fees**

Camp Fee includes practice sessions, instruction, camp t-shirts. 1-5<sup>th</sup> grade camp participants will also receive a lacrosse stick.

**Dates:** Mon July 19th- Thur. July 22th

**Times:** 1-5th Grade Camp 1:00pm –3:00pm; 6-9th Grade Camp 3:00pm –5:00pm

**Location:** AHS Turf Field

**Fees:** \$150.00 – Please make checks payable to Alpharetta Lacrosse and send it with a completed registration form.

**Registration Forms:** Forms can be obtained from the AHS Men's Lacrosse website. See link below.

For more camp details including the registration form, go to the AHS Men's Lacrosse website. This is a link to the "camps, clinic & travel" page -- <http://laxteams.net/ahsraiderlax/page.html?page=1474>

Information can also be obtained by contacting Coach Mike Scheifflee at [Scheifflee@fulton.k12.ga.us](mailto:Scheifflee@fulton.k12.ga.us). Space is limited with registrations taken on a first come first serve basis, register now.