

SAINT VINCENT COLLEGE

BOYS' LACROSSE MIDDLE SCHOOL TRAINING CAMP

JUNE 11-13: OVERNIGHT TRAINING CAMP



DAY CAMPER
COST:

\$245

SIBLING
DISCOUNT OF

\$30!

OVERNIGHT
CAMPER COST:

\$315

CAMP REGISTRATION

PLEASE GO TO [HTTP://ATHLETICS.STVINCENT.EDU](http://ATHLETICS.STVINCENT.EDU) AND CLICK ON "CAMPS AND CLINICS" TO REGISTER FOR THE CAMP!

TO REGISTER FOR THIS CAMP, PLAYERS MUST BE IN RISING GRADES 4 THROUGH 8

The Saint Vincent Boys' Middle School Training camp will take place at Saint Vincent College, Latrobe, Pennsylvania!

The main purpose of this camp is to help young players develop solid fundamental lacrosse skills in order to become the best players possible. Campers will go through six practices that will entail a certain learning objective.

All of the players and coaches will be staying in the college's newest residence hall during the duration of the camp. Players will have assigned roommates in the residence hall. This will bring about some great bonding and allow the players to really get to know their fellow local competitors.

While players are on campus, they will be provided with meals during their stay. The coaching staff strongly encourages players to bring their own drinks and snacks as well.

Don't forget bed sheets and personal hygiene supplies.

TRAINING CAMP SCHEDULE

Monday (June 11)

Arrival/Check-in 8 a.m.-9 a.m.
(Overnight/Day Camper arrival time)
Practice 9:30-11:30 a.m.
Lunch Noon-1:30 p.m.
Practice 2-4 p.m.
Dinner 4:15-5:45 p.m.
Practice 6-7:30 p.m.

Tuesday (June 12)

Breakfast 8-9 a.m.
(Overnight Campers Only)
Practice 9:30-11:30 a.m.
Lunch Noon-1:30 p.m.
Practice 2-4 p.m.
Dinner 4:15-5:45 p.m.
Practice 6-7:30 p.m.

Wednesday (June 13)

Breakfast 8-9 a.m.
(Overnight Campers Only)
Practice 9:30-11:30 a.m.
Lunch Noon-1:30 p.m.
Practice 2-4 p.m.
Dinner 4:15-5:45 p.m.
Practice 6-7:30 p.m.



SAINT VINCENT COLLEGE

ANY QUESTIONS, PLEASE CONTACT COACH RYAN RIESMEYER: RYAN.RIESMEYER@STVINCENT.EDU