

# SAINT VINCENT COLLEGE

## BOYS' LACROSSE MIDDLE SCHOOL TRAINING CAMP

JUNE 9-11: OVERNIGHT TRAINING CAMP



### CAMP REGISTRATION

PLEASE GO TO [HTTP://ATHLETICS.STVINCENT.EDU](http://ATHLETICS.STVINCENT.EDU) 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

#### Friday (June 9)

Arrival 4-5:45 p.m.  
Practice 6-8 p.m.  
Lights out 10:30 p.m.

#### Saturday (June 10)

Breakfast 8-9 a.m.  
Practice 9:30-11:30 a.m.  
Lunch 11:30 a.m.-12:30 p.m.  
Practice 2-3 p.m.  
Dinner 4-5:30 p.m.  
Practice 6-8 p.m.  
Lights out 10:30 p.m.

#### Sunday (June 11)

Breakfast 8-9 a.m.  
Practice 9:30-11:30 a.m.  
Lunch 11:30-12:30 p.m.  
Practice 2-3 p.m.  
Departure 3-4 p.m.

TOTAL COST  
FOR CAMP:  
**\$285**



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ANY QUESTIONS, PLEASE CONTACT COACH RYAN RIESMEYER: [RYAN.RIESMEYER@STVINCENT.EDU](mailto:RYAN.RIESMEYER@STVINCENT.EDU)