



## **U. S. National Tournament Runner Up (2010 Select), Semifinalist (2011 U15)**

NDP / Dick's Sporting Goods Atlantic Cup Champions (2010 Select), Runner Up (2010 U15, 2009 Select, 2009 U15)

NDP / Dick's Sporting Goods Midwest Cup Champion (2008 Elite, 2008 Select), Runner Up (2008 U15)

Presidents Cup Champion (2010 U15, 2008 U15)

[www.brlax.net](http://www.brlax.net) ♦ 216.373.5684

## **Sample Summer Camp Schedule**

An example of a typical schedule

8:30 AM	Check in/ Warm up
9:00 AM	Camp meeting
9:15 AM	Individual Work (Stick Skills)
10:30 AM	Group work (A, M, D and Goalie)
12:00 Noon	Lunch
12:30 PM	Team Work
2:30 PM	Scrimmage/Games
3:45 PM	Review and Wrap up
4:00 PM	Dismissal