



## 2011 Winter Fundamental Skills Camp (High School or 7<sup>th</sup> / 8<sup>th</sup> grade Option)

**Mission:** Our camps are focused on the goal of improving the camper's fundamental skills and understanding of team concepts. *Our camps are not team camps but skills camps where the vast majority of time is spent teaching techniques and fundamentals in individual or small group sessions.*

**Description:** Burning River Lacrosse is running a 6 day fundamental skills camp. The camp is for players at the 1) high school or 2) 7<sup>th</sup> / 8<sup>th</sup> grade level looking to improve their skills and make the step up to the next level. **It is not for beginning players.** The instruction will be intense and geared towards helping the campers get ready to lead their teams in the coming year.

**Enrollment:** To ensure quality instruction and maximum participation, the camp is limited to the first 40 players registering. (4 goalies, 8 att, 16 middies, 12 defensemen).

**Please Note** – At the **high school** level no more than 5 players can be from anyone team. This is an OHSAA rule. It is not our rule.

**Dates:** The dates of the camp are Sunday, November 6, 27, December 4, 18 and January 8, 22.

**Times:** The camp will be held from 9 to 11 AM (7<sup>th</sup> / 8<sup>th</sup> grade) or 11 AM to 1 PM (High School).

**Individual Cost:** \$150 per player (Cash or Check - a \$25 processing fee will be assessed to any returned checks.)

**Registration/Payment:** Register online at [www.brilax.net](http://www.brilax.net).

**Registration Deadline:** Friday, November 4, 2011. Late registrations are on a case by case basis and will be assessed a \$20 surcharge.

**Refunds:** Will only be granted on the basis of medical emergencies / conditions. All refund requests must be in writing and a letter / documentation from the doctor / hospital of record must accompany the request verifying the medical emergency / condition. Refund will be charged a \$25 paperwork fee and be prorated (when they are received).

**Facilities:** The Camp is being held at the Field House in N. Royalton 10701 Royalton Rd (Directions to follow).

**Waivers:** All participants are required to have a current **Agreement To Participate/Release Of Liability** form on file.

**US Lacrosse Waiver:** Everyone **MUST** have their US lacrosse number in order to participate. No exceptions.

**Equipment:** Each camper must bring a full set of equipment (Helmet, Shoulder pads, Arm Pads, Gloves, Mouth piece, and stick) as we will be playing games.

### **Pinnies/Uniforms**

If you have a BR lax pinnie please bring it. If you do not have a BR Lax pinnie, you are allowed to wear any pinnie you want as long as it is not one of our competitors.

### **The Staff**

Burning River Lacrosse's directors / coaches are some of the area's top college coaches, high school coaches, and college players (BR Alumni). Burning River's coaches are focused on the goal of improving a player's individual / fundamental stick skills, his positional skill set (Attack, Midfield, Defense and Goaltending), and his understanding of team concepts (Transition and Set Piece Offense and Defense) play. We do this by spending the vast majority of our coaching time teaching techniques and fundamentals in individual or small group sessions.

**Schedule:** A general camp format for a session is below:

- 1) **0:00 to 0:15 Stretching / warm-up**
- 2) **0:15 to 0:25 Individual Fundamentals**
  - a) GBs (10 minutes)
- 3) **0:25 to 0:45 Standard to Start (short sticks shoot, long sticks working on passing)**
  - i) Shooting
  - ii) Defense stick work
- 4) **0:45 to 0:50 water**
- 5) **0:50 to 1:25 Group Fundamentals (we will cover one of the following four topics each session)**
  - i) Unsettled Offense / Defense
  - ii) Settled Offense / Defense
  - iii) GBs
  - iv) Clearing / Riding
- 6) **1:25 to 2:00 Team Fundamentals**
  - a) Full or ½ field team situations based on the four topics above

**\*\* Please Register Online At [www.brilax.net](http://www.brilax.net)\*\***