



NEW & LESS EXPERIENCED PLAYER Skills Development Camps 2023

All participants must be pre-registered for the camp!

These fun and exciting camps are a huge hit with all the young lacrosse enthusiasts.

Sunday April 16

**Blackburn (Lois Kemp) Arena
200 Glen Park Drive
12:00 to 4:30 pm**

Camp registration at 11:30am
Camp opens at Noon

**Price: \$75.00 per day
(Includes snacks, drinks & T-shirt)**

**If you have any questions and to register, please contact; Dave Smith, GM at 737-3476 or e-mail: davesmith123987@gmail.com
Payment to glendaanddave@gmail.com**

www.gloucestergriffins.com

LOCATIONS

Blackburn Arena April 16th

The Skills Camps are aimed at players between the ages of 7 (tyke) & 16 (Midget)

Each one day camp will offer separate instruction:

- for new players needing the basic skills to play box lacrosse;
- for returning players interested in taking their game to the next level.

Attendees will be divided into groups according to skill, size, gender and age level, with each group consisting of 10-15 players and two instructors.

Minimum equipment requirement is running shoes, shorts or track pants, lacrosse stick, helmet w/ mask (hockey) and gloves. **There will be some scrimmage activity and checking instruction so full protective lacrosse equipment including kidney, arm and shoulder pads are strongly recommended! Helmets must be worn on the floor, at ALL TIMES.**

The camp is limited to 50 players and early registration will guarantee a spot.

Snacks will consist of fruits, bagels, crackers and juice. All participants bring their own water in a labelled container.

Lead Instructors – D’Arcy Belyea, Head Coach
– Brett Perras, Associate Coach
– Kevin Van Dam, Assistant Coach
– Aaron Forster, Assistant Coach

D’Arcy is in his second year as Head coach of the Griffins after coaching at numerous levels in minor lacrosse and at the Junior level in BC. He also played several years of Senior lacrosse in Ottawa and BC. Brett has coached for three years with the Junior Griffins, played JR B, JR A, SR B and NLL He was also Coach of the U of Ottawa Field team in 2018-21 Kevin was a five year Junior Griffins player and former Defensive Player of the Year. Aaron played Junior with the Griffins and Toronto Beaches JR A. He is currently playing for the NLL Albany Fire Wolves,

The coaches will be supported by players of the 2023 Gloucester Junior Griffins.

Gloucester Griffins Junior B Lacrosse Club

Camp Schedule:

Blackburn Arena 11:30– 12:00 Player arrival & registration

12:00-12:15 Program Introduction with question period;
Instructor Introduction & Group Assignments

Parents briefing about lacrosse with Q & A

12:15-2:45pm

<u>NEW PLAYERS</u>	<u>RETURNING PLAYERS</u>
Stick set-up & length adjustment; Equipment check; Basic Skills - Trap & Scoop, cradling, passing, catching, elementary rules	Stick tune-up; fundamentals of shooting strings; Warm up drills - Stretching; Pass and Catch

<u>NEW PLAYERS</u>	<u>RETURNING PLAYERS</u>
Introduction to basic Defensive and Offensive skills & strategies including: ✓ 1-on-1 defence: team defence; ✓ even strength and odd-man situations ✓ 1-on-1 offence; shooting; give-and-go and face-offs.	Review basic defensive and offensive skills and strategies; Introduction to advanced Defensive & Offensive skills including; ✓ Picks (both how to execute and how to defend) ✓ Power Play - Man short ✓ Fakes on shots

Blackburn Arena 2:45-3:15 Snack break by group (activities will continue)

3:15-4:30pm Skills Competitions & Scrimmage

Blackburn Arena 4:30 - 4:45pm Player pick-up

All players must be registered with a minor lacrosse association in order to participate in these camps.

Thank you to all the participants and volunteers for your support.