



**NEW & LESS
EXPERIENCED PLAYER
Skills Development Camps
2024**

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 14
Blackburn (Lois Kemp) Arena
200 Glen Park Drive
10:00am to 2:00 pm**

**Camp registration at 9:30am
Camp opens at 10am**

**Price: \$80.00 per day
(Includes snacks, drinks & T-shirt)**

If you have any questions or to register, contact; Dave Smith, GM by e-mail with name, birth date, allergy info and emergency contact: davesmith123987@gmail.com

Payment to: glendaanddave@gmail.com

www.gloucestergriffins.com

LOCATION

Blackburn Arena April 14th

The Skills Camps are aimed at players between the ages of 7 (U9 Tyke) & 16 (U17 Midget)

The 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 a higher 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
– Steve MacLean, Associate Coach
– Kevin Van Dam, Assistant Coach
– Brett Perras, Assistant Coach

D’Arcy is in his third 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 (Goalie Instructor) has coached for four years with the Junior Griffins, played JR B, JR A, SR B and NLL He was 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.

Steve has been a coach with various levels of the GLA programme, most recently with their U17 A team.,

The coaches will be supported by players of the 2024 Gloucester Junior Griffins.

**Gloucester Griffins Junior B
Lacrosse Club**

Camp Schedule:

Blackburn Arena 9:30– 10:00 Player arrival & sign-in

10:00-10:15 Program Introduction
Instructor Introduction & Group Assignments

Parents briefing about lacrosse with Q & A as needed

10:15-12:15pm

NEW PLAYERS

Stick set-up & length adjustment;
Equipment check;
Basic Skills - Trap & Scoop, cradling, passing, catching, elementary rules

RETURNING PLAYERS

Stick tune-up; fundamentals of shooting strings;
Warm up drills - Stretching; Pass and Catch

NEW PLAYERS

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.

RETURNING PLAYERS

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

12:15-12:45 Snack break by group (activities will continue)

12:45-1:45pm Skills Competitions & Scrimmage

Blackburn Arena 2:00 - 2:15pm 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.