



## NEW & LESS EXPERIENCED PLAYER Skills Development Camp 2025

**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 13**  
**Blackburn (Lois Kemp) Arena**  
**200 Glen Park Drive**  
**9:00am to 1:00 pm**

**Camp registration at 8:30am**  
**Camp opens at 9am**

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

If you have any questions contact; Dave Smith, GM at [davesmith123987@gmail.com](mailto:davesmith123987@gmail.com) or to register at [www.gloucestergriffins.com](http://www.gloucestergriffins.com) with name, birth date, allergy info and emergency contact:

**Payment to: [glendaanddave@gmail.com](mailto:glendaanddave@gmail.com)**

[www.gloucestergriffins.com](http://www.gloucestergriffins.com)

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.

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, Goalie Coach  
– Marty Legault, Assistant Coach

**D'Arcy is in his fourth 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)** 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.

Marty, was an Assistant Coach with the U of O field team.

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

## Gloucester Griffins Junior B Lacrosse Club

### Camp Schedule:

Blackburn Arena 8:30– 9:00 Player arrival & sign-in

9:00-9:30 Program Introduction  
Instructor Introduction & Group Assignments

Parents briefing about lacrosse with Q & A as needed

**9:30-11:45**

#### **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

11:45-12:15 Snack break by group (activities will continue)

12:15-1:00pm Skills Competitions & Scrimmage

Blackburn Arena 1:00 - 1:15pm 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.**