



Griffins Junior B Lacrosse Club

202 6-20 27 - Griffins' Prospects and Advanced Skills Development Camp

Griffins Jr B Lacrosse Club (under the auspices GLA) will once again offer a non-denominational, competitive skills development camp over the Winter/Spring months. All interested lacrosse players are welcome regardless of where they play.

Winter/Spring Programming - Lacrosse Development:

- The camps will be tailored to teaching individual and team skills, including the introduction and development of communication techniques within offensive and defensive strategy that is required to play advanced level lacrosse.
- **Offensive concepts:** the basic 2 man game – picks/rolls, cutting, offensive systems, how to run a weak side/strong side offence on the ball/off the ball, crease play within the new CLA rules (dunk plays).
- **Defensive systems:** Defensive positioning, defending pick and rolls, defending on ball vs off ball, playing a defensive wall system and a pressure system.
- Transition tactics include- how to attack/defend transition (2 v 1, 3 v 2, 4 v 3).
- Capacity: The camps will be limited to 30 players, first come first served with drop ins if available.
- We will offer both of these camps in the 'state of the art' field house at the Nation Municipality's Sports Complex, 243 Limoges Rd, Limoges, Ontario.

U13/15 Sessions:

- U13/U15 skills development camp is for competitive level players and/or those planning to try out for competitive teams at those levels. For those younger players attending the age group camp, this is an opportunity to develop as a competitive player and a 'prospect' for future Junior teams by learning the required skills.
- This age group will look to build on skill developed from the Loggers' Fall themed sessions and embed these into game situations.
- Dates: 12 sessions on Wednesday Dec. 16, 30, Jan. 6, 13, 20, 27, Feb. 3, 10, 17, 24, Mar. 3, 10 from 8 -9:00pm
- **Cost of \$175 for 12 sessions (12hrs); Drop-in (if available) \$20**





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U17/22 and JRC/Jr B sessions:

- Camps are for U17/22 and Junior age players that will have the opportunity to play with the Jr B Lacrosse with the Griffins or elsewhere as full-time junior players or affiliated player call-ups. The Griffins' coaching staff will be monitoring player skill sets - the expectation is, if you hope to play Junior lacrosse in 2027 you need to be there!
- Sessions will continue to build off the themed sessions with a focus on skill development within the team environment.
- Dates: Wednesday Dec. 16, 30, Jan 6, 13, 20, 27, Feb. 3, 10, 17, 24, Mar. 3, 10 from 9:00-10:30pm
- **Cost of \$280 for 12 sessions (18hrs); Drop-in (if available) \$30**

Experienced Coaching

The program will be instructed by the Griffins JR B coaching staff, consisting of:

- Head Coach, Marty Legault (JR C/B, U of Ottawa - Defensive Coordinator), JR Black Bears u17, JR Loggers Head Coach
- Offensive Coordinator, Steven Ainsworth (JR B/A, SR B Axe-men, U of Ottawa Offensive Assistant)
- Offensive Assistant 1 – Nolan Byrne (JR B/A, NLL Georgia Swarm #8 pick 2025)
- Defensive and Transition Coordinator – Quinn Commandant (JR A K/W, RIT (12th all time leading scorer), U of Ottawa Offensive Assistant)
- Defensive Assistant 1 – Cole Byrne (JR B, SR B Axe-men)
- Associate Coach and Goalie coach Brett Perras (JR B/A, SR B, NLL, U of O HC)
- Defensive Assistant Cam Wyers (JR B/A, NLL - Buffalo Bandits, PLL – Utah Archers)

Programming Notes:

- Pre-registration is required for all campers so that we will have the necessary personal information including name, birth year, e-mail address, home address, emergency phone number and any appropriate allergy information.
- **You can register now by returning your players personal registration information, (as noted above), to davesmith123987@gmail.com and payment can be made by e-transfer to glendaanddave@gmail.com**
- Note; IF we have any drop-in spots available the cost will be \$30 per session

