BCA

SWIPE TO VIEW OUR WINTER CALANDER

WINTER TRAINING

SWIPE

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NOVEMBER

STICK & WORK & SIXES

About this Series:
A combination of stickwork training and sixes gameplay. This series combines 25-30 minutes of drills focused on stickwork mastery, followed by 45-50 minutes of competitive sixes where fast-paced gameplay exposes the players to tons of touches on the ball and playing on both sides of the field.

Series Takeaways:

- Better Stickwork
- More Confidence
- Playing Fast and Free
- Fun

2031-2032 — TUESDAYS NOV. 3rd, 10th, 17th

2033-2034 — WEDNESDAYS NOV. 4th, 11th, 18th

2035-2036 — THURSDAYS NOV. 5th, 12th, 19th

*All groups are 7:15pm-8:30pm

AACS Indoor | Severn, MD
Approx. 15 minutes from BWI/Columbia/Annapolis

DECEMBER

BCA

POSITIONAL
TRAINING + LIVE PLAY
DRAW | GOALIE | OFFENSE | DEFENSE

2031-2032	WEDNESDAYS DEC. 2nd, 9th, 16th
2033-2034	THURSDAYS DEC. 3rd, 10th, 17th
2035-2036	TUESDAYS DEC. 1st, 8th, 15th

*All groups are 7:15pm-8:30pm

AACS Indoor | Severn, MD
Approx. 15 minutes from BWI/Columbia/Annapolis

BCA

THE STOCKING STUFFER

WINTER 1-DAY CAMP

DEC. 29

2036 - 2037
9:00am-12:00pm

2034-2035
12:30pm-3:30pm

DEC. 30

2031-2033
9:00am-12:00pm

HIGH SCHOOL
12:30pm-3:30pm

AACS Indoor | Severn, MD
Approx. 15 minutes from BWI/Columbia/Annapolis

JANUARY

BCA

SKILLS & SCRIMMAGE

2031-2032	THURSDAYS JAN. 7TH, 14th, 21st, 28TH
2033-2034	TUESDAYS JAN. 5TH, 12TH, 19TH, 26TH
2035-2036	WEDNESDAY JAN. 6TH, 13TH, 20TH, 27TH

*All groups are 7:15pm-8:30pm

AACS Indoor | Severn, MD
Approx. 15 minutes from BWI/Columbia/Annapolis

FEBRUARY

POSITIONAL TRAINING + LIVE PLAY

DRAW | GOALIE | OFFENSE | DEFENSE

2031-2033

WEDNESDAYS
FEB. 3RD, 10TH, 17TH, 24TH

2034-2036

THURSDAYS
FEB. 4TH, 11TH, 18TH, 25TH

*All groups are 7:15pm-8:30pm

AACS Indoor | Severn, MD
Approx. 15 minutes from BWI/Columbia/Annapolis

HIGH SCHOOL TRYOUT PREP

JV / VARSITY GROUPINGS

$420 | All Access (7) Pack
$280 | Feb 3 - 14 (4) Pack
$80 | Single Session
*Goalies are 50% off

TUESDAYS | FEB. 2, 9, 16, 23
SATURDAYS | FEB. 6, 13, 20
***All players must play competitive club - no exceptions!**

The area's most comprehensive and elite preseason program for high school players!

AACS Indoor | Severn, MD
Approx. 15 minutes from BWI/Columbia/Annapolis

BCA

BCA FUTURES
DEVELOPMENTAL SERIES

FEB. 6, 13, 20, 27

2036-2038

(1st - 3rd Grade)

Equipping young players with the skills and confidence to thrive as they enter the club lacrosse world!

AACS Indoor | Severn, MD

Approx. 15 minutes from BWI/Columbia/Annapolis

ALL-ACCESS
WINTER TRAINING PASS
TRAIN ALL WINTER WITH BCA FOR ONE FLAT PRICE!

	VALUE	ALL-ACCESS TUITION	STICKWORK & SIXES	POSITIONAL & LIVE PLAY (DECEMBER)	SKILLS & SCRIMMAGE	POSITIONAL & LIVE PLAY (FEBRUARY)	WINTER 1-DAY CAMP	HIGH SCHOOL TRYOUT PREP (Sessions 1-4)	HIGH SCHOOL TRYOUT PREP (All 7 Sessions)	FUTURES DEVO SERIES
HS (2027-2030)	$570.00	$495.00	☐	☐	☐	☐	☑	☑	☑	☐
HS (2027-2030)	$430.00	$395.00	☐	☐	☐	☐	☑	☑	☐	☐
2031	$980.00	$835.00	☑	☑	☑	☑	☑	☐	☐	☐
2032	$980.00	$835.00	☑	☑	☑	☑	☑	☐	☐	☐
2033	$980.00	$835.00	☑	☑	☑	☑	☑	☐	☐	☐
2034	$980.00	$835.00	☑	☑	☑	☑	☑	☐	☐	☐
2035	$980.00	$835.00	☑	☑	☑	☑	☑	☐	☐	☐
2036	$1,175.00	$885.00	☑	☑	☑	☑	☑	☐	☐	☑
2037	$345.00	$295.00	☐	☐	☐	☐	☑	☐	☐	☑
Single Session | Series Pricing			$65 | $175	$65 | $175	$65 | $240	$65 | $240	$150 ($125 Early Bird)	$80 | $280	$80 | $420	$55 | $195 ($175 Early Bird)

Notes:

*BCA Pinnies are required for all trainings/events ($20)

*All sessions are open for ALL PLAYER POSITIONS - Goalies, Defense, Midfield, and Attack.

*GOALIES are 50% off - even for sessions they receive specialty goalie training! We love our goalies!

NEW

Registration Platform!

2 Ways to Register

Mobile

App Store: Sprocket Sports

Online

https://bcaelite.sprocketsports.com/all-programs

REGISTER FOR ANY ALL-ACCESS PASS BY OCTOBER 25TH & RECEIVE A FREE BCA PERFORMANCE SHIRT

ALL-ACCESS

WINTER TRAINING PASS

TRAIN ALL WINTER WITH BCA FOR ONE FLAT PRICE!

Grad Years 2031-2035

- Stick Work & Sixes (Nov)
- Positional Training + Live Play (Dec)
- Winter 1-Day Camp
- Skills & Scrimmage (Jan)
- Positional Training + Live Play (Feb)

Grad Year 2036

- Stick Work & Sixes (Nov)
- Positional Training + Live Play (Dec)
- Winter 1-Day Camp
- Skills & Scrimmage (Jan)
- Positional Training + Live Play (Feb)
- Futures Developmental Series

Grad Years 2037

- Winter 1-Day Camp
- Futures Developmental Series

High School Option 1

- Winter 1-Day Camp
- HS Tryout Prep First 4 sessions
  - Feb 2, 6, 9, 13

High School Option 2

- Winter 1-Day Camp
- HS Tryout Prep All 7 sessions
  - Feb 2, 6, 9, 13, 16, 20, 23

OLYMPIC SIXES FORMAT

USA

BCA

BCA WINTER LEAGUE SIXES

EARLY REGISTRATION IS OPEN

FOR THE FOLLOWING TEAMS

Series 99 Teams

Spring Debut Teams

2025-2026 Winter League Teams

****Please email keekan@bcaelite.com out for a direct link****

Registration will open to others on September 10th for any remaining spots.

BCA
PICK-UP
SIGNS
MLK
JANUARY 18TH
DAY
Times are TBA
girls | 2031-2037
boys | 2032-2036
WWW.BCAELITE.COM

BCA

PRESIDENTS DAY

PICK-UP

SIXES

FEBRUARY 15TH

Times are TBA

girls | 2031-2037

boys | 2032-2036

BCA

onelove

Holiday Havoc

SIXES

CLASSIC

ROCKBURN PARK

HOWARD COUNTY

NOV 29 2026

NEW THIS YEAR

DIVISIONS

HIGH SCHOOL - 2036

REGISTRATION OPEN

SPRING DEBUT

A PRESEASON NGLL TOURNAMENT

2031 - 2036

WWW.BCAELITE.COM

MARCH 6-7, 2027

BWI/ANNAPOLIS

PARTICIPATING CLUBS FROM PAST YEARS

TESTIMONALS

Hear from past players and coaches about what BCA meant to them as they chased their dreams of playing college lacrosse!

KORI EDMONDSON

MARYLAND | USA U-20

"It's such a privilege to be able to coach at BCA because the girls there genuinely love the game and bring a great sense of fun to it. Since BCA isn't a club, it creates a unique opportunity for girls from diverse backgrounds to come together on the field and form lasting friendships. Where they might not have had the opportunity if it wasn't for what BCA has established. But what makes it really special is seeing how the relaxed atmosphere allows them to play freely and express themselves without any pressure. As a coach, I witness that positive dynamic in every session I'm involved in.

CAM PFUNDSTEIN

CLEMSON

"I love coaching with BCA because it's all about letting kids just play and enjoy the game without all of the extra pressure. It's incredible seeing players from all different clubs come together, compete, and really progress over time. Watching their confidence grow while having fun is what makes coaching at BCA so special to me."

MAKENNA SALTA

MARYLAND '31

What I love most about BCA is getting to work and learn from current and former college players. Each one of them taught me different skills that helped me get better at dodging and shooting. I love the small group training because its very fast paced with a lot of reps, which helps to create muscle memory that translates into on field successes. BCA sessions are always fun and competitive, which pushes me to work harder and improve every time!

AMANDA GAZELLE

DELAWARE '29

"BCA Lacrosse gave me the foundation to grow my dodging techniques through elite-level instruction and constant reps against top competition. The intense and competitive atmosphere pushed me to elevate my game every session, shaping me into the confident, college-ready player I am today"