

FACEOFFS/DRAWS  
DEFENSE  
OFFENSE



MIDFIELD  
ATTACK  
GOALIE

# ICEMAN CAMP

YOUTH CAMP | GRAD YEARS: 2028, 2029, 2030

**Monday July 11 – Thursday July 14**

**Time: 9:00 am – 12:00 pm**

**Location: Sports Domain Academy, 1075 US46, Clifton, NJ 07013**

**Price: \$350**

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**OPEN TO NEW + EXPERIENCED PLAYERS OF ALL POSITIONS  
PLAYERS ARE SEPARATED BY SKILL LEVEL INSIDE SESSIONS**

Advanced Lacrosse USA's Iceman Camp is designed to keep the stronger players playing together while teaching proper fundamentals and new age game play. This structure continues to build each player's skills and confidence.

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## **ICEMAN CAMP MISSION:**

- ALUSA Coaches played NCAA Lacrosse and now coach in our played positions
- ALUSA Coaches are experts at teaching proper fundamentals and new age game play
- Position Specific Training: Attack, Midfield, Defense, Faceoff, Goalie
- ALUSA's Custom Up Tempo Drills
- Live Game Play & Pick Up Games with a coaching emphasis on proper transition

## **CAMP STRUCTURE:**

8:30 - Drop Off / Sign In

8:45 - Gear Up

9:00 - Group Stretch / Stick Work Warm Up

9:30 - Position Specific Training: Attack, Midfield, Defense, Faceoff, Goalie

10:30 - Custom ALUSA Live Play / Drills with Constant Expert Coaching

11:00 - Live Play & Full Field Game! Apply your skills learned during training in the games!

12:00 - Pick Up Time

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***Roster Spots are capped to ensure a low player to coach ratio***

The ALUSA Coaches will provide positional coaching expertise inside and out of every rep

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**REGISTER TODAY! [AdvancedLacrosseUSA.com](http://AdvancedLacrosseUSA.com)**

**Full Pads Required Custom ALUSA Jersey will be provided!**