

FACEOFFS/DRAWS
DEFENSE
OFFENSE



MIDFIELD
ATTACK
GOALIE

ICEMAN CAMP 2.0

GRADES/CLASS OF 2027 | 2028

Monday July 26 – Thursday July 29

Time: 9:00 am – 12:00 pm

Location: Alps Field, 1512 Alps Rd, Wayne, NJ 07470

Price: \$275

**OPEN TO NEW + EXPERIENCED PLAYERS OF ALL POSITIONS
PLAYERS WILL BE SEPARATED BY SKILL LEVEL INSIDE OF LIVE PLAY**

ALUSA + TOP GUN LACROSSE 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 On

9:00/9:30 - Group Stretch / Stick Work Warm Up

9:30/10:15 - Position Specific Training: Attack, Midfield, Defense, Faceoff, Goalie

10:30/11:00 - Competitions! Handball, Team Tug of War Contest, Shooting + Skills Contests w/ prizes

11:00/12:00 - Full Field Pick Up Games! Use your skills learned in the games!

ATTENDANCE WILL BE CAPPED

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

REGISTER TODAY!
AdvancedLacrosseUSA.com

Full Pads Required Custom ALUSA Jersey will be provided!