

Alpharetta High School Men's Lacrosse

Alpharetta High School Junior Raiders Boys Lacrosse Information for the 2012 7th Annual Lacrosse Summer Camps

This summer Alpharetta High School Lacrosse will proudly host the 7th Annual Raider Summer Youth Boys Lacrosse Camps – open to any student entering their 1st - 5th grades and 6th - 9th year grades within the Alpharetta School Cluster during the 2012 – 2013 school year. This year we will host two camps, each consisting of four day instructional sessions to be held at the Alpharetta High School Turf Field. **Section 1 will run June 4-7 and Section 2 will run June 11-14.**

The AHS Raiders' youth camp is designed for each camper to improve his lacrosse skills and to obtain a greater understanding of what it means to be a student-athlete. During the camp, each athlete will be coached on the proper skills needed for their position. Campers will have the opportunity to learn from the AHS Lacrosse staff, AHS Lacrosse graduates and current varsity athletes.

Each day campers will begin with a thorough stretching exercise program, followed by a warm-up program designed to build fundamental lacrosse skills. Next, the campers will break into offensive and defensive groups. They will be taught correct stance, and position responsibilities. Multiple water breaks will be incorporated throughout the day to maintain hydration. *Campers should provide for their own water and/or sports drinks.*

During the camp, there will be short talks covering sportsmanship and the role of the student-athlete, as well as question and answer sessions with the coaches.

ALPHARETTA RAIDERS YOUTH LACROSSE CAMPS - Dates, Times & Fees

Camp Fee includes practice sessions, instruction and a camp reversible pinnie jersey.

Dates: **Section 1:** Monday June 4 – Thursday June 7 from 8:00 – 10:00 AM

Section 2: Monday June 11 – Thursday June 14 from 7:00 – 9:00 PM

Equipment Needs:

- *Elementary Lacrosse Camp for rising 1-5th Grade boys:* stick is required
- *Junior Raider Middle School Lacrosse Camp for rising 6-9th graders:* participants will need to supply their own equipment

Location: AHS Stadium

Fees: **\$150.00** Please make checks payable to Alpharetta Lacrosse and send it with a completed registration form.

Registration Forms: Forms can be obtained from the AHS Men's Lacrosse website: www.ahsraiderlax.ialax.com

For more camp details including the registration form, please go to the AHS Men's Lacrosse website -- www.ahsraiderlax.ialax.com Additional information can also be obtained by contacting Coach Mike Scheifflee at Scheifflee@fulton.k12.ga.us or Barry Hassett at barryhassett@comcast.net . Space is limited with registrations taken on a first come first serve basis, please register now!