



“LACROSSE 101” CAMP

JULY 27, 28, 29

- **Camp is open to rising 6th-10th graders**
- The objective of this camp is to introduce the sport of lacrosse to new players AND to develop the skills of new and experienced players
- The only required equipment is a lacrosse stick. Helmets, gloves and pads that may be used on Tuesday and Wednesday are optional - but not required - to be purchased by the attendees. This optional equipment will be available at the camp for use if needed.
- Tentative schedule:
 - Mon July 27th 9:00 am - Passing & Catching; Lacrosse Rules; Lacrosse positions
 - Tues July 28th 9:00 am - Passing & Catching; Shooting; Defensive techniques; Game situations
 - Wed July 29th 6:30 pm - Skills review; Campers scrimmage
“Intro to Lacrosse” & Question/Answer session for parents
Camp will end on Monday and Tuesday at 11 am; Wednesday by 8:30 pm
- The camp will be conducted by *West Stokes Coaching Staff, Triad Blackhawks Lacrosse Club Coaching Staff, Former and Current West Stokes Players*
- The camp will be held on the football field at **Chestnut Grove Middle School**

Cost: \$25.00

Includes reversible practice jersey, morning snack, camp t-shirt

Make checks payable to Triad Blackhawks (memo- Stokes camp) -or- Register on line (see below)

Email colonmoore@gmail.com to confirm attendance, or to receive registration/ payment link

For questions or registration information, contact:

Colon Moore, Head Coach
West Stokes High School
(336) 403-3198 *call or text*
colonmoore@gmail.com *email*

West Stokes "Lacrosse 101" Camp
Registration Form

Players Name: _____

Address: _____ City: _____

Phone: (home) _____ (mobile) _____

Email: _____

Grade entering in Fall 2015 _____ School _____

Birthdate: _____ Age: _____ Circle one: Male / Female

T-shirt Size: S M L XL (circle one)

List any medical conditions that we need to be aware of: _____

Parents Name: _____

Phone: _____

Email: _____

Additional Emergency Contact: _____

Relationship: _____ Phone: _____

In consideration of participating in the West Stokes "Lacrosse 101" Camp, the player named below and the parent or guardian do agree and understand the risk of participating in any athletic event and further agree to release and hold harmless West Stokes High School, Stokes County Schools, and Triad Blackhawks and their officers, staff, administrators, volunteers, and sponsors in the event of an accident or injury resulting from the participation in this camp. By signing below, I acknowledge that I have read and understand this form.

Players Name: _____

Parents Name: _____

Parents Signature: _____

Date: _____

Staff Use Only A M D G pd _____
C/O/D 1 2 3 4 5 S/S 1 2 3 4 5 t-shirt _____
SpD 1 2 3 4 5 pinnie # _____