

POWERHOUSE LACROSSE



Sponsored by: Bishop Chatard

Date: June 16th- June 20th, 2008

For: Boys Grades 3-9

Price: \$75.00 before June 1st- \$85.00 after June 1st (Includes a camp Jersey)

What You Need: Sticks, Helmets, Gloves, Cleats – We will order equipment, if needed, through Empire Lacrosse. We will also try to gather helmets for campers to use for the week free of charge, due to the inconvenient expense.

Description: Campers will receive individual instruction on the fundamentals of lacrosse, from experienced high school and college players. Campers will have the opportunity to participate in several instructional drills while learning solid team values. There will be a strong emphasis on teamwork and sportsmanship. There will be offensive and defensive group work followed by scrimmaging everyday. The camp will conclude in a tournament with rewards for the top team. There will also be rewards for MVP's. **THERE WILL BE NO CONDITIONING!** Camp will run from 9 am until noon.

Counselors: John Lich (Mount Saint Joseph), Anthony Mercho (Mount Saint Joseph), Ryan Sheridan (Wittenberg University), Neal Barnes (Mount Saint Joseph), Andy Brumleve (Indiana University), Chris Laughner (Cathedral High School)

Special Guests: Rob Laughner (Robert Morris Colonials)

Contact: John Lich (Co-Director) – 317-508-3180, Anthony Mercho (Co-Director) – 317-701-0223, Powerhouselax@aol.com