



## **SJP BOYS' LACROSSE CAMP**

**Location:** The Proving Grounds  
725 Conshohocken Rd, Conshohocken, PA 19428  
(Field 5)

**Date:** July 12-13

**Time:** 9AM-12PM (both days)

**Registration and Payment:** Please register through the link located on our website: [sjprep.org](http://sjprep.org)  
Go to the Admissions page and see summer programs.

**Grade Level:** Boys going into 6<sup>th</sup>-9<sup>th</sup> Grades

**Details:** This will be an instructional clinic for boys in grades 6<sup>th</sup>-8<sup>th</sup>. We will specifically focus on teaching three areas during the two days: Shooting, Goalie Play, and Face-offs. The shooting will address a variety of different skills, including technique and position-specific. The Goalie instruction will focus on footwork, hand speed and stickwork. Face-off instruction will entail fundamentals, counters, and stickwork. Zach Cole of Saint Joseph's University will lead our face-off instruction.

**Cost:** \$100.00

Payment and registration are handled through the Prep website under the Admissions tab.

**What to bring:** Field players should bring all equipment, including cleats and a mouth guard. Goalies should bring all equipment (cup, chest protector, etc). Goalies will be involved with live shooting drills. Please bring your own water.

**Who to contact:** If you plan to attend, please email Dan Keating and detail your son's name, grade and position. [dkeating@sjprep.org](mailto:dkeating@sjprep.org)

