

# GIRLS LAX CAMP

MONDAY, JULY 24<sup>th</sup> - WEDNESDAY, JULY 26<sup>th</sup>



**WHO:** Girls going into 5th, 6th, 7th, 8th & 9th grade

**WHEN:** July 24-26, 2017 from 8am - 12pm each day

**WHERE:** Arapahoe High School (Grass field on north side of campus, 2nd field west of University Blvd.)

**COST:** \$100/camper

Please contact Varsity Head Coach Brianna Huynh at [bhuynh@lps.k12.co.us](mailto:bhuynh@lps.k12.co.us) to sign-up!

Arapahoe High School Girls Lacrosse team and coaches are proud to announce our first ever Girls Lax Summer Camp from Monday July 24th to Wednesday July 26th!

Our Girls Lax Camp is open to girls of all skill levels going into 5th – 9th grade. Camp will be coached by our Varsity coaching staff and 2017 AHS Varsity players. We hope that you will come join us for 3 days of fun games, elite lacrosse instruction, and a chance to get to know your AHS varsity team!

#### Sample of Daily Curriculum:

8:00AM: Warm Up Game & Stretch

8:30AM: Relay Races, Agilities, Stick skills

9:30AM: Shooting & Dodging

10:00AM: Team Offense Progression 1v1, 2v1, 3v2

10:30AM: Scrimmages or competition games

11:30AM: Q&A with the high school players

VISIT US ONLINE AT [AHSWARRIORS.ORG](http://AHSWARRIORS.ORG).



@AHS\_GIRLSLAX