

GIRLS LAX CAMP

MONDAY, JUNE 11th - WEDNESDAY, JUNE 13th



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

WHEN: June 11-13, 2018 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 to sign-up!

Arapahoe High School Girls Lacrosse team and coaches are proud to announce our second annual Girls Lax Summer Camp from Monday June 11th to Wednesday June 13th!

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 2018 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.



@AHS_GIRLSLAX