PARENTS
Please read to be prepared.

SUMMER CAMP NEWSLETTER

Week 2: July 8-12, 2024

Lacrosse Camp

8:30 a.m. - 4:30 p.m. | The ROC - Soccer Field Pavillion | Supervisor: Owen

CAMP DESCRIPTION

Suitable for all skill levels in which participants are encouraged to develop teamwork and leadership development through fun challenges, skills, drills, and scrimmages as well as learning the fundamental rules of play. Campers will also be visited by special sport guests, and explore elements of adventure on the ROC property. *Equipment provided or you may bring your own.

WHAT TO PACK

Spray on sunscreen and bug spray.

Reusable water bottle (labelled).

Hat, sunglasses and closed toe shoes, water shoes.

Change of clothing, swimsuit, towel.

Nut free lunch and snacks.

Running shoes/cleats.

Lacrosse equipment (if bringing your own)

IMPORTANT REMINDERS:

Photo ID is required at time of pickup.

Label all belongings.

Refrain from sending toys/electronics from home.

The Town of Georgina is not responsible for lost or stolen items.

HIGHLIGHTS FOR THE WEEK

Monday:
- Ice breakers (name games, where the wind blows)
- Introduction to lacrosse
- Shooting drills

Tuesday:
- Passing drills
- 2 vs. 2 games
- Special guests sports lesson

Wednesday:
- Scrimmages
- Splash pad

Thursday:
- Skills session
- Park play time

Friday:
- Counsellors vs. campers game
- Group games (octopus, keep ups)
- Final tournament games

GEORGINA

If you need to contact your child or camp staff call:
Supervisor Owen: 905-716-2172