



EMMA CILLI LOOKS TO MAKE THE PASS

FOCUS ON FUNDAMENTALS

At camp we will focus on all of the basic elements of the game of lacrosse, catering to the needs of beginner and intermediate level players. We will strive to enhance skill in the following areas:

- Passing and catching
- Cutting to the ball
- Ground ball work
- Shooting
- Cradling
- Setting screens
- Full field ball movement
- Checking
- Specific position work
- Team and one-on-one defense

CAMP SCHEDULE

8:45 – 9:00	Check-in/Partner Passing
9:00 – 9:15	Warm Up Begins
9:15 – 9:30	Stretching/Plyometrics
9:30 – 10:00	Passing/Ball-Movement
10:00 – 11:00	Stations
11:00 – 11:30	Full-Field Strategies
11:30 – 12:30	Lunch
12:30 – 2:00	Team Play & Games



CAMP COACHES & THEIR LITTLE LAX ASSISTANT

SUGGESTIONS:

- Players are encouraged to bring extra drinks (*preferably a recyclable water bottle*) with them to camp.
- Water will be provided.
- Players are asked to bring both lunch & a snack.
- Camp will be held **RAIN OR SHINE**. The only thing that will lead us to cancel a day of camp will be thunderstorms, and if that is the case we will notify you that day, in the early morning.
- Sunscreen is a **MUST!** It gets very hot and the sun can be brutal by mid-day, so please send your daughter with sunscreen.

SPARTA GIRLS LACROSSE CAMP



BRI FALCO ATTACKS THE CAGE

JULY 5 - 9
OPEN TO GIRLS GRADES 1-9

CAMP DIRECTOR

HEAD COACH KATE BRENNAN

In her 17th season as the Head Girls Lacrosse Coach at Sparta, Brennan is thrilled to continue her work with the promising young athletes in the community. A native of Sussex County, Brennan played out her scholastic career as a basketball and tennis player at Newton High School, eventually earning a basketball scholarship to attend LeMoyne College in Syracuse, NY. While at LeMoyne, she was exposed to the game of lacrosse and has been in love with it ever since. During her time at Sparta, Brennan has been in awe of the growth and development she has seen among her young athletes. In 2017 her SHS girls won their first ever State Sectional Championship, and in 2018 the girls won their second State Sectional Title, making it all the way to the State Finals. The team's success is credited to the girls, who put their hearts and souls into lacrosse, something that many of them learned earlier at the SHS Girls Lacrosse Camp.



COACH BRENNAN WITH ELLIOT LAYMAN, SHEA CINA, & UMA KOWALSKI

CAMP STAFF

Sparta's Varsity Lacrosse players and former Sparta players with experience at the Division I, II, & III levels will be working with the young athletes at camp. Through demonstration and instruction, they will be paving the way toward fundamental excellence.

CAMP SPECIFICS



COACHES BAYLEIGH & KELLI WITH THEIR CAMP TEAM

WHO: Camp is open to girls in 1st – 9th grade.

WHERE: Sparta High School (*Turf Field*)

WHEN: July 5 - 9 (*Monday – Friday*)
9:00 a.m. to 2:00 p.m.

COST/REGISTRATION: The Cost of the camp is **\$175 per player**. All players will be required to bring their own equipment, including a stick, a mouth guard, and goggles.

APPLICATIONS MAILED TO:

Kate Brennan / 70 West Mountain Road/ Sparta, New Jersey / 07871. For questions, please call Coach Brennan at 862-258-5764, or e-mail her at Kate.Brennan@sparta.org.

Checks should be made payable to Kate Brennan.

PHOTO WAIVER:

If you DO NOT wish your daughter to be photographed by our camp photographer please sign here:

Parent Signature

Date

APPLICATION

First Name _____

Last Name _____

Grade: (*Fall 2021*) _____

Address: _____

Phone Number () _____

E-mail Address: _____

T-Shirt Size (*circle one*): YL YXL S M L XL

Doctor's Name: _____

Doctor's Phone Number: () _____

Emergency Contact: (*Name and Number*)

Medical Needs: On the following lines please explain any special medical needs or considerations that your child will require during her time at camp.

Insurance Waiver: By signing the bottom of this brochure, you, as the guardian of the child named in the application, are ensuring that your child does have medical insurance and that Sparta High School and Kate Brennan are not responsible for any accident, injury or the like that might happen to your child while they are in attendance at our camp.

Parent Signature

Date