

Sunrise Lacrosse Camp

Camp Dates

Camp Dates/Sessions:

Monday, July 7 through Friday, July 11, 2014. Camp begins at 9 each morning and ends at 2:30 each afternoon. There will be a lunch break from 11:30-12:30, make sure to bring water! Parents are welcome at all times.

Sunrise Lacrosse Development Camp

On July 7-11, we will be working with boys ages 9-11. Our focus will be to teach fundamental lacrosse skills. This includes offensive/defensive strategy, faceoffs, dodging, shooting, stick work, ground balls, field vision, speed/agility, sliding, scrimmaging, and enhancing lacrosse IQ.

Camp Mission

Lacrosse is the fastest growing sport in the country. Our goal is to develop the game of lacrosse and give back to the youth of the game. A strong work ethic and good working habits are all you need to take yourself far in the sport. We have benefited from top-notch coaching which opened up opportunities for both of us to achieve our goals. This camp is designed to pass on our lacrosse knowledge and ignite a passion in boys to strive to reach their athletic potential.

We recognize the impacts that lacrosse role models had on us, and hope to leave the same influence on campers. The lessons we've learned in this sport transcend far beyond the lacrosse realm and have shaped who we are today. Our development camp will take players to the next level in their game and provide them with the tools to succeed in the future, both on and off the field. Tomorrow's success starts today!



Camp Breakdown (Schedule):

Day 1: Introduction to camp, guidelines, setting goals, cones for flow. Teaching technique for groundballs, stick skills, dodging, and providing an in depth approach to offensive and defensive positions. A major focus will be to increase each player's lacrosse IQ.
Day 2: Primary focus on dodging: soft dodging, cut dodges, V and F dodges, question mark turn, face dodges, and rolling picks. Emphasis on competition.
 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, and full field scrimmages. Situational drills. Technique will be shown at the start of each session. Drills will use new techniques and force players to build on skills.
Day 3: Teaching faceoffs, clearing, more dodging, and proper shooting technique. Agility and speed, as well as strength and nutrition discussion. Day includes a faceoff competition and shooting competitions. Full field scrimmage ends the day.
Day 4: Shooting on the run, defensive footwork, defensive checks, 6 on 6 scrimmages, ground balls, full field scrimmages. This is the day champions are made!
Day 5: Reinforcing technique. Review of all techniques shown the last 4 days. Splitting up into teams and playing a tournament to determine camp champions. End of Camp Awards and Prizes to end the day.

Parents should be prepared to pick their camper up at 2:30-3:00 at the end of each day.

Tomorrow's Success Starts Today!

Location and Costs:

5603 Mountville Rd, Adamstown, MD 21710
\$180 per camper

What to Bring: Each day bring a lunch and water bottle! Each player will need all equipment – helmet, elbow pads, gloves, stick, and cleats. This is to ensure safety for all players at all times. Lacrosse pinnies will be provided the first day of camp.

*** Mail in Registration Forms by June 1st ***

The registration form is your RSVP

Counselor Bio's

Taylor Valencia: Attackman for the University of Delaware majoring in Civil Engineering. Played four seasons of high school lacrosse at three different schools • played at Smithsburg High School as a freshman midfielder • moved to St. John's School and was a team leader in points as a starter on attack • played final two seasons at national powerhouse, The Landon School in Bethesda, Md. for Coach Rob Bordley • led Landon to an IVC title in 2012 and runner-up finish in 2011 as a two year starter on attack.

Jason Murphy: Two-Year Varsity Letter Winner for Coach Rob Bordley at The Landon School. Named a Co-Captain for nationally ranked The Landon School in 2011 as the starting Faceoff man. Suffered a torn ACL late in the season and had surgery in the summer. Was also a Maryland wrestling State Finalist and made it twice to the Round of 12 at National Preps. Currently attends The Ohio State University as a Strategic Communications Major and Fine Arts Minor. His brother, Justin, is the starting Faceoff man for Princeton University.



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Development Camp

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Camp Breakdown (Schedule):

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Day 2: Primary focus on dodging: split dodge, roll dodge, S and Z dodges, question mark move, face dodge, and setting picks. Emphasis on competition, 1 v. 1's, 2 v. 2's, 3 v. 3's, 3 v. 2's, 5 v. 5's, and half field scrimmages. Situational drills, Technique will be shown at the start of each session. Drills will test new techniques and force players to build on skills.

Day 3: Teaching faceoffs, clearing, more dodging, and proper shooting technique. Agility and speed, as well as strength and nutrition discussion. Day includes a Faceoff competition and shooting competitions. Full field scrimmage ends the day.

Day 4: Shooting on the run, defensive footwork, defensive checks, 6 on 6 scrimmaging, ground balls, full field scrimmage. This is the day champions are made!

Day 5: Reinforcing technique. Recap of all technique shown the last 4 days. Splitting up into teams and playing a tournament to determine camp champions. End of Camp Awards and Prizes to end the day.

Parents should be prepared to pick their camper up at 2:30-2:45 at the end of each day.



Counselor Bio's

Taylor Valencia: Attackman for the University of Delaware majoring in Civil Engineering. Played four seasons of high school lacrosse at three different schools • played at Smithsburg High School as a freshman midfielder • moved to St. John's School and was a team leader in points as a starter on attack • played final two seasons at national powerhouse, The Landon School in Bethesda, Md. for Coach Rob Bordley • led Landon to an IAC title in 2012 and runner-up finish in 2013 as a two year starter on attack.

Jason Murphy: Two-Year Varsity Letter Winner for Coach Rob Bordley at The Landon School. Named a Co-Captain for nationally ranked The Landon School in 2013 as the starting Faceoff man. Suffered a torn ACL late in the season and had surgery in the summer. Was also a Maryland wrestling State Finalist and made it twice to the Round of 12 at National Preps. Currently attends The Ohio State University as a Strategic Communications Major and Fine Arts Minor. His brother, Justin, is the starting Faceoff man for Princeton University.



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Camp Breakdown (Schedule):

Day 1: Introduction to camp, guidelines, setting goals, counselor bios. Teaching technique for groundballs, stick skills, dodging, and moving on in depth approach to offensive and defensive positions. A major focus will be to increase each player's lacrosse IQ.
Day 2: Primers focus on dodging: split dodge, roll dodge, 8 and 2 dodges, question mark auro, face change, and setting poles. Emphasis on competition.
Day 3: 1v1, 2v1, 3v1, 4v1, 5v1, 6v1, 7v1, 8v1, and full field scrimmages. Situational drills, technique will be shown at the start of each session. Drills will test new techniques and force players to build on skills.
Day 4: Teaching faceoffs, clearing, more dodging, and proper shooting technique. Agility and speed, as well as strength and nutrition information. Day includes a Faceoff competition and clearing competition. Full field scrimmage ends the day.
Day 5: Shooting on the run, defensive footwork, defensive checks, 6 on 6 scrimmaging, ground balls, full field scrimmage. This is the day champions are made!
Day 6: Reinforcing technique. Review of all techniques shown the last 5 days. Spilling up into teams and playing a tournament to determine camp champions. End of Camp awards and prizes to end the day.

Parents should be prepared to pick their camper up at 2:30-3:45 at the end of each day.

Counselor Bio's

Taylor Valenteck: Attachment for the University of Delaware majoring in Civil Engineering. Played four seasons of high school lacrosse at three different schools • played at Southsburg High School as a freshman midfielder • moved to St. John's School and was a team leader in points as a starter on attack • played final two seasons at national powerhouse, The Landon School in Bethesda, Md. for Coach Bob Bowley • led Landon to an LAC title in 2012 and runner-up finish in 2013 as a two year starter on attack.

Jason Murphy: Two-Year Varsity Letter Winner for Coach Bob Bowley at The Landon School. Named a Co-4 captain for nationally ranked The Landon School in 2013 as the starting Faceoff man. Suffered a torn ACL late in the season and had surgery in the summer. Was also a Maryland wrestling State Finalist and made it twice to the Round of 12 at National Preps. Currently attends The Ohio State University as a Strategic Communications Major and Fine Arts Minor. His brother, Justin, is the starting Faceoff man for Princeton University.

