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 9 each morning and ends at 2:30 each aucrinoon 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 7-71. Yet will be working with boys ages 9-71. Our focus On July 7-11, we will be working with boys ages 9-1). Our focus will be to teach fundamental lacrosses skills. This includes offensive to-densive strategy, facetoffs, doubtruls, shooting, stick work, ground balls, field vision, speed, againty, skilings scrimmaging, and enhancing lacrosses (Q. scrimmaging, and enhancing lacrosses (Q.

Camp Mission

Lacrosse is the fastest growing sport in the country. Our small is to december the growing lawrence, and come hand in Lacrosse is the fastest growing sport in the country. Our goal is to develop the same of lacrosse and give back to the youth of the same. A strong work ethic and good two youth the same all you need to take yourself far in the working habits are all you need to take yourself far in the same. A the bace benefited from ton-match coaching which sawet, the bace benefited from ton-match coaching which

working labits are all you need to take yoursell far in the sport. We have benefited from top-mich coaching which SPOT. We have recreated from top-motel concerning which opened up opportunities for both of us to achieve our model. This courts to declarate to concern to make the control of the contro opened up apportunities for both of us to achieve our goals. This camp is designed to pass on our lacross: formover and lignifie a possion in Loys to strive to reach those adheric readoution.

We recognize the impacts that lacrosse role models had on WE TECORINGE ONE HAT HE WAS AN ARCTIC FOR MODELS THAT THE ARCTIC FOR MODELS THAT THE ARCTIC FOR their athletic potential. his and hope to have the same influence on campers, the lessons we've hearned in this sport transcend far beyond PRESENTS WE'VE REALTHER IN THIS SPORT TRAINSCEND THE PROPERTY OF THE PROPERTY the factors ream and more snaped with the excitence of development camp will take players to the next level in the state players to the next level in the state players to the next level in the state players are the state players to the state to surpresent in the state of the state players are the state of the state development camp will take players to the next level in their game and provide them with the book to succeed in their game and provide them with the books to succeed in their provide them with the books to succeed in their provides the pro the future, both on and of the field. Tomorrow's success

Camp Breakdown (Schedule):

Day's Introduction to comp, galdelines, settling goods, estimated or blos. Teaching technique for groundhalls, stick skills, dedeling, and providing an in depth approach to offensive and defensive mositions. A neight focus will be to increase each player's between Q.
Day zi Primary focus on dealings, addit dedige, vid dedige, vanil 2 dediges, question mark nowe.

face dodge, and setting picks. Employers on competition, 19, 15, 29, 25, 19, 15, 19, 25, 59, 56, and half field scrimmans. Situational drills, Technique will be shown at the start of each session. Drills will test new techniques and force players to build on

skills. By Tooking faccoffs, clearing, more dedging, and proper shooling bedinique. Addity and speed, we will see the english and intelligent decreasion. Doe includes a faccorff competition and proper for the engineering of the engineering o

Parents should be presseed to pick their camper up at 2:50-2:45 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 IAC title in 2012 and unner-up finish in 2013 as a two year starter on attack.









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.

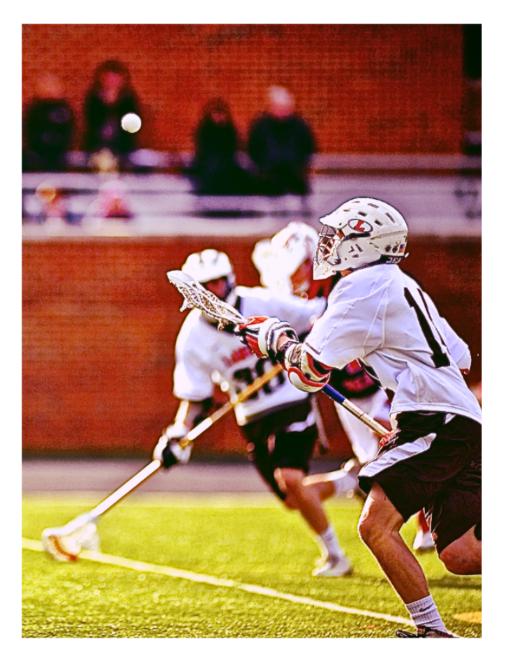
Camp Mission

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 have 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!







HADU LAUSUS

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.









Camp Breakdown (Schedule):

Day 1: Introduction to camp, guidelines, setting goals, counselor bios. 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: 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.









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





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 9 each morning and ends at 2:30 each arechools be a lunch break from 11:30-12:30, make sure to bring water! Parents are welcome at all times.





Camp Breakdown (Schedule): Day e hitroduction to carep, paidefines, settling gaols, counselor bios. Teaching technique for groundlalls, stick skills, dolging, and providing, on in depth aproach to offensive and defensive positions. A major focus will be to increase each player's lacrosse 10, 10, 10 per leitures from our dolging spill dodge, said dodge, said 2 defens, question mark name,

13. 15, 15, 15, 17, 15, 31, 25, 51, 25, 51, 33, and half field scrimroges. Stantional drifts, Technique will be shrivin at the start of each session. Drills will test any techniques and force physics to build on abils. Days Feaching Ineroifs, clearing, more dodging, and proper shooting technique. Agility and speed, as well as strength and natifition discretion. Day includes a Faceroff competition and aborting compelitions. Full field scrinorage ends the day. Day a Mosting on the run, detensive instoock, defended esheets, to on 6 saximunging, ground

both, full field serminegg. This is the day champings are major.
Day π. Reinforcing technique. Recap of all technique shown the last 4 days. Spillling up into teams and the first a summanent to determine cause champions. Full of Cause Avourds and Prives to end. Parents should be prepared to pick their eamper up at 250-225 at the end of each day

face dodge, and setting pides. Employers on competition,

balls, full field scrimmage. This is the day champions are madel

Sunrise Lacrosse

Lacrosse is the fastest growing sport in the country. Our single tradecolors the decision of becomes made class. In the country of the countr

We recognize the impacts that lacrosse role models had on their athletic potential. We recognize the impacts that acrosse role mouters nat on the and hope to have the same influence on campers, the the same tracking to the same transcented for baccard. Os and hope to have the same influence on campers, the lessons we've learned in this sport transcend far beyond the same trader, the lessons we've learned in this sport transcend to a compare to the company to the same trader, the learned trader is a company to the company trader. Tessors we've rearned in this sport transcend far neyond the lacroose realm and have shaped who we are today. Our like lacroose realm and have shaped who we are today in the lacroose realm and have shaped who we are today. development camp will take players to the need level in their some and moves the players to the need level in

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 najoring 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







On July 7-11, we will be working with boys ages 9-11. Our focus OR JULY 7-11, We WILL DE WORKING WITH DOYS Ages 9-11. VAIT HE WITH DE WORKING WITH DOYS Ages 9-11. VAIT HE WITH DE WORKING WITH DOYS AGES AND AGENT OF THE WORKING WITH DOWN THE WORK AND AGENT OF THE WORKING WITH DOWN THE WORK AND AGENT OF THE will be to teach fundamental becrosse skills. This includes offensive defensive stratest, faceoffs, dodging, shooting, stick work, ground balls, field vision, speed/agilly, shiting, scrimaging, and enhancing becrosse (Q.

Camp Mission

Lacrosse is the fastest growing sport in the country. Our goal is to decelop the game of beroese and give back to the youth of the game. A strong work eithe and good the vorking habits are all you need to take yourself fair in the sport. We have benefited from ton-notes conclude when NOORBUR NADUS ARE AN YOU NEED TO TAKE YOU'SER TAT BLUE
SHORT. We have benefited from lop-noted conclude which opened up opportunities for both of us to achieve our opener up opportunities for both of us to actione out loads. This came is designed to pass on our factores. gods. This camp is designed to pass on our factorie to reach knowledge and finite a passion in boys to strive to reach

development camp will take players to the next level in their game and provide them with the tools to succeed in their game and provide them with the tools to succeed in their game and provide them with the tools to succeed in their games and provide them. their game and provide them with the tools to succeed in the future, both on and of the field. Tonnorrow's success and the field of the

