



## **WOODBURY ROYALS BOYS LACROSSE PRESEASON CAMP & CAPTAINS PRACTICES 2024**

We are thrilled to offer a fantastic opportunity for players to get warmed up and ready to bring their best game to tryouts! Rich Limpert has put together a comprehensive camp to have our players warmed up and ready to compete. This year we will be alternating coached Preseason Camp sessions with true captain led Captains Practices. Our fearless Captains, Charlie & Quinlan, will be leading the team during this time. This three week opportunity will combine skills work, team development and fun!. See details below!

**Please register by March 4th.**

**WHO:** Any prospective Royal Lacrosse player in grades 8-12.

**COST:** \$100

**REGISTRATION:** Payment is registration

### **MARCH**

12th	4:30pm to 6pm	MAC	Preseason Camp
13th	4:30pm to 6pm	MAC	Captains Practice
14th	4:30pm to 6pm	MAC	Preseason Camp
18th	4:30pm to 6pm	MAC	Captains Practice
19th	4:30pm to 6pm	MAC	Preseason Camp
20th	4:30pm to 6pm	MAC	Captains Practice
21st	4:30pm to 6pm	MAC	Preseason Camp
25th	4:30pm to 6pm	MAC	Captains Practice
26th	4:30pm to 6pm	MAC	Preseason Camp
27th	4:30pm to 6pm	MAC	Captains Practice
28th	4:30pm to 6pm	MAC	Preseason Camp

MAC is located at 2122 Wooddale Drive, Woodbury MN 55125

\*No cleats are allowed on the indoor turf. Tennis shoes or turf shoes are appropriate.