



New Player Development Camp 2008

Each year the Nepean Knights host a camp for minor lacrosse players. This is a tremendous opportunity for new players to learn important fundamental skills and for those players with a few years experience to fine tune their game before the start of the season.

| WHEN? | | WHERE? |
|--|---|--|
| Saturday April 12, 2008 10:30am to 4:00 pm | Sunday April 13, 2008 10:00 am to 1:00 pm 1:00 pm to 4:00 pm | 440 Albert Street (formerly Ottawa Technical HS) |

Price 60.00 Saturday, for Novice to Bantam level (includes pizza, pop & T-shirt) | \$30.00 Sunday, for Peanut to Novice level (includes snack & T-shirt)

Camp this year will be divided into two groups. The Saturday group is restricted to players from Novice up to the Bantam Level. The Sunday group is restricted to players up to the Novice level. The camp is targeted toward players who are new to the game and those players with only a couple of years experience. Attendees will be divided into groups according to skill and age level, with each group typically having 15 players and two instructors.

All participants must be registered with the OLA in order to attend this camp. Full equipment, if possible, is suggested. Running shoes, lacrosse stick, helmet and gloves are required. For insurance purposes, helmets must be worn in the gymnasium at ALL TIMES.

Lunch on Saturday will consist of two pieces of pizza and a can of pop/water or juice box. Snack on Sunday will consist of a juice box and fruit snack or granola bar.

Saturday Camp Schedule

- 10:15-10:30** Player arrival and registration
- 10:30-10:45** Program Introduction with Question Period;
Instructor Introduction & Group Assignment
- 10:45-12:15** Stick set-up & length adjustment;
Equipment check;
Warm up drills – Stretching;
Basic Skills – Trap & Scoop, cradling, passing, catching,
Elementary rules;
- 12:15-1:00** Lunch followed by Free Time
- 1:00-3:00** Introduction to Basic Defensive and Offensive skills and strategies including:
1-on-1 defence: team defence;
even and odd-man situations
1-on-1 offence; shooting; give-and-go;
face-offs
- Picks (both how to execute and how to defend)

** Wherever possible, drills will incorporate the two most important skills **PASSING & CATCHING**

3:00-3:50 Skills Competitions

3:50-4:00 Wrap-Up / Question and Answers

Sunday Morning (Afternoon) Camp Schedule

- 9:45-10:00 (12:45-1:00)** Player arrival and registration
- 10:00-10:15 (1:00-1:15)** Program Introduction with Question Period;
Instructor Introduction & Group
- 10:15-11:30 (1:15-2:30)**
Stick set-up & length adjustment;
Equipment check;
Warm up drills – Stretching
Basic Skills – Trap & Scoop, cradling, passing, catching,
Elementary rules
- ** Wherever possible, drills will incorporate the two most important skills **PASSING & CATCHING**
- 11:30-12:00 (2:30-3:00)** Snack
- 12:00-12:50 (3:00-3:50)** Skills Competition
- 12:50-01:00 (3:50-4:00)** Wrap-Up / Questions and answers

We hope to see you there!!

Please contact Peter Niemczak, President 613-592-2840 president@nepeanknights.com if you require additional information.



Registration Form
Nepean Knights Junior Lacrosse Club
New Player Development Camp 2008

- Date:** Saturday, April 12, 2008
 Sunday, April 13, 2008
- Location:** 440 Albert Street (formerly Ottawa Technical HS) Ottawa, ON
- Time:** Saturday - 10:30 am to 4:00 pm
 Sunday - 10:00 am to 1:00 pm
 1:00 pm to 4:00 pm
- Price:** Saturday - \$60.00 per day (includes lunch - 2 pieces of pizza & a pop - and a t-shirt)
 Sunday - \$30.00 per session (includes Snack & a drink and a t-shirt)

Cash _____ **Cheque** _____
(please make cheques payable to Nepean Knights Junior Lacrosse Club)

NAME: _____ **AGE:** _____

PARENTS NAME: _____

ADDRESS: _____ **PHONE:** _____

NEW PLAYER: _____ **VETERAN PLAYER:** _____ **YEARS PLAYED:** _____

ANY HEALTH CONCERNS WE SHOULD BE AWARE OF? _____

YOUTH T-SHIRT SIZE: 8-10 _____ 10-12 _____ 12-14 _____ 14-16 _____

ADULT T-SHIRT SIZE: S _____ M _____ L _____ XL _____

SATURDAY CAMP

TYPE OF PIZZA: Cheese: _____ Pepperoni: _____ Vegetarian: _____

EXTRA PIZZA & POP AVAILABLE AT SATURDAY CAMP Pizza: \$2 / piece Pop: \$1 / can

Nepean Knights Junior B Lacrosse Club New Player Development Camp 2008

Received from _____, registration fee (\$60.00/\$30.00) for the Junior B Knights Lacrosse New Player Development Camp 2008 to be held at 440 Albert Street (formerly Ottawa Technical HS) Ottawa, ON.

For more information, please contact: _____ **Session**

Peter Niemczak, President 613-592-2840
president@nepeanknights.com

Saturday April 12, 10:30 am to 4:00 pm

Sunday April 13, 10:00 am to 1:00 pm

Sunday April 13, 1:00 am to 4:00 pm

Registration forms and cheques can be mailed to:

Nepean Knights Junior Lacrosse Club
39 Sunnybrooke Dr., Kanata, ON K2M 2P3