



New Player Development Camp 2010

Each year the Nepean Knights Junior B Lacrosse team hosts a camp for minor lacrosse players. This camp is a tremendous opportunity for new players to learn important fundamental skills. These skills will provide your son or daughter with a solid base on which to begin the lacrosse season. For those players with a few years experience this is a great chance to fine tune their game before the start of the season. The camp will provide players with a basic understanding of passing, catching, cradling and trapping and scooping. Players will also be taught some of the basic rules.

The camp is designed for players who are new to the game and those players with only a couple years experience.

Attendees will be divided into groups according to skill and age level, with each group typically having 10-12 players and two instructors.

Space is limited to 35 players per day, so register early to guarantee your son or daughter a spot.

Take this occasion to introduce your new lacrosse player to the game before the season begins.



WHEN?		WHERE?
Saturday April 10, 2010 10:00am to 4:00 pm	Sunday April 11, 2010 10:00 am to 4:00 pm	1755 Merivale Road (Merivale High School)

Camp Schedule	
9:45-10:00	Player arrival and registration
10:00-10:15	Program introduction with question period; Instructor introduction & group assignment
10:15-10:30	Stick set-up & length adjustment; Equipment check; Getting dressed
10:30-12:15	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	Basic skills – trap & scoop, cradling, passing, catching Introduction to basic defensive and offensive skills and strategies
3:00-3:50	Skills competitions
3:50-4:00	Wrap-Up / Question and answers

How to Register
Registering is easy. Simply fill out the information on the back of this sheet and mail it, along with your payment, to the following address:
Nepean Knights Junior Lacrosse Club 232 Walden Dr Kanata, ON K2K 2M3

Remember:

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

We hope to see you there!!

If you require additional information, please contact:
Rick Doull, at 613-293-8514 or camp@nepeanknights.com

REGISTRATION FORM

How to Register: Please fill out the information below and mail this form along with your payment to the following address:

Nepean Knights Junior Lacrosse Club
232 Walden Dr
Kanata, ON K2K 2M3

PARTICIPANT NAME: _____ AGE: _____

PARENTS NAME: _____

ADDRESS: _____ PHONE: _____

EMAIL ADDRESS: _____

NEW PLAYER: VETERAN PLAYER: YEARS PLAYED: _____

ANY HEALTH CONCERNS WE SHOULD BE AWARE OF? (i.e. asthma, allergies) _____

Please check the appropriate date(s) for the camp you would like you child to attend:

Date: Saturday, April 10, 2010 - 10:00 am to 4:00 pm
 Sunday, April 11, 2010 - 10:00 am to 4:00 pm

Location: 1755 Merivale Road (Merivale High School) Ottawa, ON

Price: \$60.00 per day if paid before April 10, 2010 (includes lunch - 2 pieces of pizza & a drink).
Note: the fee is \$75 per day if paid on the day of the camp.

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

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

Registration forms and cheques can be mailed to:

Nepean Knights Junior Lacrosse Club
232 Walden Dr.
Kanata, ON K2K 2M3

For more information, please contact:

Rick Doull
613-293-8514
camp@nepeanknights.com