

THE CURRICULUM

Our Summer Camp curriculum is thoughtfully designed to provide each athlete with a balanced, engaging, and skill-building experience. From the moment campers arrive, they're immersed in a structured day of fun and development — starting with free play and warm-ups, then diving into focused skill stations tailored by age and ability. Athletes will sharpen fundamentals like passing, catching, and agility; followed by personalized positional training in offense, defense, and specialty positions. The afternoon features exciting game play, challenges, and interactive activities, all capped off with awards, giveaways, and lasting memories. It's a full day of learning, growth, and lacrosse fun that your child won't forget!



TIMELINE

- 8:00am Drop Off and free play
- 9:00am Welcome/Intros + Warm Up Stretching Activity
- 9:30am Skill Building Stations
- 10:30am Snack
- 10:45am Positional Training
- 12:00pm Lunch
- 12:45pm Games & Competitions
- 2:45pm Special Events + Giveaways
- 3:00pm Pick up and free play



COACHING STAFF

Our staff is highly trained and dedicated to providing an exceptional training experience. Coaches include the Varsity Head Coach (Justin Fuhrman) and current/former players. We aim to develop not only players skills on the field but also your love for the game.

