



# Integrated Sports Training Youth Lacrosse Camp



I.S.T. Sports Headquarters and Westport Parks and Recreation are proud to announce its' first youth Lacrosse Summer Camps for 2019! Beginners are welcome and up to intermediate boys and girls grades 2 – 6 are our focus for those who are exploring the fastest growing sport in America! Boys and girls will learn from the most qualified coaches in Fairfield County. Staples JV and Westport PAL coaches, Steve Anderson and John Threshie are coming off Staples first ever undefeated JV season and have recruited some of the top local high school players to join us! Boys and girls will train separately as they play very different games and will be separated by grade and skill level. Beginner level athletes will use safety balls and sticks that will be provided. The athletes will work with the coaches and staff on all fundamentals including stick skills, training techniques and strategy! For those who wish to learn lacrosse and have lots of fun doin' other stuff too, come join us!

## GENERAL PROGRAM INFORMATION

The Lacrosse sports camp is available to boys and girls grades 2 -6. Curriculum includes stick and ball familiarity, stance and grip, passing, receiving the ball, shooting, and more.

July 8 – 12

July 22 – 26

July 29 – August 2

**Monday - Friday 9:00 a.m. – 12:00p.m.**

**PJ Romano Turf Field @ Saugatuck Elementary School**

## WHAT TO BRING TO CAMP INCLUDING EQUIPMENT

- Attire for camp should be sneakers or Turf/Cleats, shorts/sweat pants, T-Shirt/sweat shirt, and sunblock.
- Bring your lacrosse stick, if you don't have one it will be provided. Please advise if you need one. Other lacrosse equipment is optional eg: helmet & gloves. No pads necessary.
- A cooler packed with plenty to drink and snacks is highly recommended

## RAIN DAYS

This program is an outdoor program and does not have any indoor facilities. Any day the fields might be unplayable due to rain, it is up to you to call the cancellation line at the Parks and Recreation Office, (203) 341-5074 to find out if camp is still on. There are no make-ups or refunds due to inclement weather

## DROP OFF AND PICK UP

Please make sure you drop off and pick up your child at PJ Romano Turf Field @ Saugatuck Elementary School. Staff will be available 15 minutes prior to start time to receive participants. Late pick-ups will not be tolerated and could result in the participant being suspended from the program. Please obey all traffic and parking regulations to avoid being ticketed.

## GENERAL RULES

- All participants are expected to respect each other and all staff. Discipline problems will not be tolerated and are grounds for immediate dismissal with no refund.
- At the end of each day, please be sure to pick up all personal belongings. There is no lost and found.

The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. Please take the time to read this information with your child before they attend the program.