

Alberta Lacrosse
Pee Wee/Novice Development Camp 2018
March 28th – 9 AM to 4 PM
Edmonton Southside Soccer Center
6520 Roper Road, Edmonton, Alberta

IMPORTANT INFORMATION

Thank you for registering for the Alberta Lacrosse Pee Wee/Novice Development Camp in Edmonton. The camp is just around the corner and we are excited as we get everything ready for the full day event. Please check all your equipment so that you have everything you need. Make sure the runners are in the bag, the helmet screws are all tightened, the lacrosse side walls are tied and the water bottle is ready to go. It will be a very busy day so please ensure you pack some snacks and a good lunch for the day. There will be no concession or food available at the facility so please have food with you for the camp.

Phil Smyth, an Alberta Lacrosse Coach Developer, will be our Camp Director. We are extremely excited to have an excellent complement of instructors to work with the players. We will also have a goalie instructor working directly with our goalies.

Check In

Please check in on March 28th between 8:15 AM and 8:45 AM at the South Side Edmonton Soccer Center (6520 Roper Road, Edmonton, Alberta). Players will need to be ready to hit the floor at 9:00 AM. The camp will running from 9:00 AM to 4:00 PM. There will be a 45 minute lunch break and several water breaks during the days. The soccer center will be open for parents to come and watch their children during the camp. Parents will be able to pick their child up at 4:00 PM.

What to Bring

All athletes are required to bring their own equipment which should include Helmet, Stick, Shoulder Pads, Kidney Guards, Gloves, Slash Guards, Mouth Guard, and indoor lacrosse runners. **Box goalies need to provide their own gear including their own practice jersey.**

There will be water available at the soccer center. Campers are encouraged to bring their own water bottle and fill up at the soccer center. All athletes should bring their own packed lunch, which will be kept in the dressing rooms. It is highly recommended that you pack your lunch in

a thermos type lunch bag to keep your lunch cool. Dressing rooms will NOT be locked to allow players to get water and snacks throughout the day. **Please leave all valuables at home.**

It will be a good idea to bring an extra change of clothes. Sweat and spills can make for a long day. Sometimes it makes life easier to change shirts/shorts during our lunch break. An extra pair of socks is especially helpful.

If there are any questions on the camp details, please call the Alberta Lacrosse at the number below.

WE LOOK FORWARD TO SEEING YOU AT THE CAMP!!

**ALBERTA LACROSSE
780-464-1861**