

ADAM JONES, AND TRAVIS  
GIBBONS,

JULY 13TH - JULY 17TH  
VICTORIA PARK

# LACROSSE CAMP

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- What to Bring
- A Day at Camp
- Your Coaches

## NOTE

Campers will be going to the YMCA on Monday, Wednesday and Friday for swimming. They will be under lifeguard supervision and will complete a swim test prior to getting in the pool. This is optional

## WHAT TO BRING

- Drop off between 8:45am-9:00am
- Water Bottle (Labelled)
- Equipment (Bring more than one lacrosse stick if possible) (Ages 9-12 bring full equipment if you have it)
- Snacks and Lunch
- Mini stick (if you have one)
- Appropriate activewear
- Proper shoes
- **Sunscreen**
- Hat or Sunglasses
- Swimsuit and Towel (Monday, Wednesday and Friday)



## FINAL FUN DAY

Bring a water gun filled up and ready to go for the last 30 minutes of camp. If your child does not have one and cannot obtain one by July 10th, please speak to Adam, Connor, or Travis .

## A DAY AT CAMP

- Warm-up, ice-breakers / introductory drills
- Snack/ break 10:30am-10:45 am
- Continuation of drills/activities
- Lunch 11:45 am-12:30 pm
- Skills/Drills/Games
- Swim
- Snack 2:30-2:45pm
- Pick up starts at 3:30pm and goes no later than **4pm.**



## MEET THE COACHES



**ADAM JONES**

- Adam is a teacher at St. Mary's High School in Owen Sound and played in the National Lacrosse League for 10 years. Scout for the Colorado Mammoth. He has coached both field and box lacrosse for over 10 years.



**TRAVIS GIBBONS**

- Teacher at Walkerton District High School. Coaches the Varsity Lacrosse Team at WDSS. Head coach of the Owen Sound JR. B Northstars.
- Has coached lacrosse for over 8 years.