

Boys and Girls Lacrosse Schedule 2010

- 8:45-9:15 **Camper Arrival:** Campers will gather at the GA Field House where they will be greeted by their counselors. Campers will board school buses at 9:00 and buses will depart GA at 9:15 a.m. It is about a 10-minute drive to the campus of Gwynedd Mercy College.
- 9:30-11:45 **Lacrosse Skills:** Coaches will teach specific skills and campers will participate in drills to reinforce what they are learning.
- 11:45 Bus departs for Upper Dublin Sports Center (about a 5-minute drive)
- 12:00 -12:30 **Recreational swim** at Upper Dublin Sports Center, supervised by our swim staff and lacrosse counselors
- 12:30 Bus to Gwynedd Mercy College
- 12:45 **Lunch break:** Campers arrive at GMC and eat lunch
- 1:15-1:45 **Training Films:** Coaches teach lacrosse strategy through the use of training videos.
- 1:45-3:00 Lacrosse Scrimmages and Games.
- 3:00 Departure from Gwynedd Mercy College.
- 3:15 Campers are ready for departure from GA.