



WINTER LACROSSE SKILLS CAMP!!!!
BEGINNERS TO ADVANCED

LACROSSE Skills Camp:

The London Jr. B Lacrosse Club is hosting a winter skills development clinic for both **boys** and **girls**. There are three separate sessions that will challenge all players from the beginner who is new to lacrosse to the rep. player with eyes on a provincial championship.

Who:

The program is developed and run by **Ron Elijah**, Head coach of the London Blue Devils Jr. B lacrosse program. Coach Ron's lacrosse resume is extensive in both Box and Field, including a pair of 2016 Provincial championships in Midget B Box and U17 B Field lacrosse. With the Oneida Braves in 2016, Coach Ron has captured titles at Rip the Duck, the Zombie Shootout and the BooBash. Coach Ron also has experience at the National level with Team Iroquois and the professional level with the Rochester Knighthawks. Assisting Coach Ron at the clinics will be current and future Jr. B players and coaches.

What:

- Fundamental skill development in passing, catching, cradling and throwing
- Increased lacrosse IQ
- Increased stick skills and advanced foot speed drills
- Small game situational play including greater understanding of offensive and defensive tactics
- Man up and man down teamwork concepts
- Improved individual scoring and loose ball skills
- All participants must wear full lacrosse equipment (helmet, gloves, elbow, shoulder pads)

When/Where:

North London Community Centre: 1345 Cheapside St (at Highbury).

Session 1, 2, 3	January 14, 21, 28/2017
Session 4, 5, 6, 7	February 4, 11, 18, 25/2017
Session 8	March 4/2017

Each participant (registered for all sessions) will receive a **free Season Pass** to the London Blue Devils Jr. B (Home Games)



Fees: \$25/session or 8 sessions for \$150 (less than \$20/session)
Early bird registration for \$120 prior to December 15, 2016

Time: 9 AM, 10 AM or 11 AM depending on the skill level

Registration:

NOTE - PLAYER(S) CAN BE MOVED WITHIN AGE GROUPS IF NEEDED

For clinic information contact:

- Ron Elijah JuniorB@LondonLacrosse.com
- Sean Foster fostee71@yahoo.ca

For payment contact the London Blue Devils Jr. B treasurer:

- Heather Brown JuniorBFinance@LondonLacrosse.com

Player Name: _____

Birth Year: _____

Parent Name: _____

Parent Email: _____

