

Registration

Camp One \$110 _____

Camp Two \$110 _____

Total _____

Checks payable to: "First Class Lacrosse Plus"

Mail check, registration, and waiver to:

First Class Lacrosse Plus
116 Cherry Avenue
Bound Brook, NJ 08805

Waiver found at
www.firstclasslacrosse.com

Questions – please call Mike Webster
at 732-207-3920

Please Print

Name _____

Current Grade in school _____

Address

Phone (_____) _____

E-Mail _____

First Class Lacrosse Plus
116 Cherry Avenue
Bound Brook, NJ 08805

First Class Lacrosse Plus

Fall Camps

Boys in Grades 3-8

*Camps held at
The Pingry School
Martinsville, NJ*

- Camp One
Thursday, September 29
(Rosh Hashanah –
many schools are off)
9:00am-3:00pm
- Camp Two
Monday, October 10
(Columbus Day –
many schools are off)
9:00am – 3:00pm



Director: Mike Webster

24 years as head coach at The Pingry School: member of New Jersey Lacrosse Hall of Fame and New Jersey Coaches Association Hall of Fame: Coach of the Year by Star Ledger, Courier News, Daily Record, NJ Lacrosse Coaches Association, and National Federation; Conference, County, and State Championship teams; 2-time National Champion at Johns Hopkins University; Founder of “The Jersey Jam”

Staff:

High School and Youth lacrosse coaches. These men are experienced and positive. They will train your child to be a better player.

Special Camp Feature: one hour Strength and Conditioning workout with Doug Scott, Certified Strength and Conditioning Specialist (C.S.C.S).

First Class Lacrosse Plus events



“Fall Camp”



“Jersey Jam”



“Summer Camp”

Fall Mini-Camp:

- Sessions to be held outdoors on the artificial surface of Babbitt Field and in the Greig Fitness Center.
- Each participant needs full equipment
- Campers should bring a lunch and drink each session
- T-shirt given to each participant
- Individual skills, small group concepts, and full field games will be held

Offense

- Stick protection
- Shooting
- Feeding
- Dodging
- Off-ball movement

Defense

- Proper body positioning
- Poke checks
- Communicating picks and slides
- Off-ball help