

**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](http://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

## *Winter Camps*

### **“No-School Mondays”**

*Boys in Grades 3-8  
Camps held at  
The Pingry School, Martinsville, NJ*

- Camp One  
Monday, January 16  
MLK Day  
most schools are off  
9:00am-3:00pm
- Camp Two  
Monday, February 20  
President’s Day  
most schools are off  
9:00am – 3:00pm



[www.firstclasslacrosse.com](http://www.firstclasslacrosse.com)  
**Home of the “Jersey Jam**

**Director: Mike Webster**

24 years as head coach at The Pingry School: member of New Jersey Lacrosse Hall of Fame and New Jersey Scholastic 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 in the Greig Fitness center featuring state of the art equipment

***First Class Lacrosse Plus events***



“Fall Camp”



“Jersey Jam”



“Summer Camp”

**Winter Camp:**

- Sessions to be held indoors on two full court gymnasiums and in the Greig Fitness Center.
- Each participant needs full equipment
- Campers should bring a lunch and drink each session
- Videotaping of morning session reviewed during lunch break

Offense

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

Defense

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