



# INTRO TO Lacrosse 6-9

Aug 24-28

AGES 6-9 YRS

## SCHEDULE OF ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up
Field Sport: Lacrosse	Field Sport: Lacrosse	Field Sport: Lacrosse	Field Sport: Lacrosse	Field Sport: Lacrosse
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Court Sport: Floorball	Outdoor Court: 3x3 Basketball	Court Sport: Kinball	Court Sport: Volleyball/Smashball	Court Sport: Tumble FMS Obstacle Course
<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>

\*Schedule is subject to change\*

### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Hat & sunscreen

Athletic attire & running shoes

Lunch

Notebook & pen

Warm clothes for skating



**RICHMOND  
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# INTRO TO Lacrosse 9-12

Aug 24-28

AGES 9-12 YRS

## SCHEDULE OF ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up
Field Sport: Lacrosse	Field Sport: Lacrosse	Field Sport: Lacrosse	Field Sport: Lacrosse	Field Sport: Lacrosse
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Court Sport: Floorball	Outdoor Court: 3x3 Basketball	Court Sport: Kinball	Court Sport: Volleyball/Smashball	Court Sport: Tumble FMS Obstacle Course
<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>	<b>SIGN OUT</b>

\*Schedule is subject to change\*

### ITEMS TO BRING TO CAMP:

Snacks & water bottle

Hat & sunscreen

Athletic attire & running shoes

Lunch

Notebook & pen

Warm clothes for skating



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