



2021 Ballston Spa Youth Lacrosse Camp

July 13th - 16th 5:30 7:30 PM Wood Rd. Fields

Our Summer Lacrosse Camp is geared for boys in grades K-6 with all levels of experience.

- We begin each day with a dynamic stretch and skill demonstration.
- We break up into age and skill groups to teach individual skills based on experience and age. We will focus on building in as many reps as we can with individual skills.
- Each day we will highlight a team aspect and introduce a new activity to teach that team concept.
- We will end each day with a fun activity promoting an aspect of the game the players played the previous day.
- Friday we will break up into teams and have a showcase game and skill competitions as an ending to the camp week.
- Cost of the camp is \$125

Camp Highlights

- Each player will receive a Custom Ballston Spa Lacrosse Backpack & Hat
- Instruction from current varsity coaches and players and graduates playing at the Collegiate level.
- Create a fun teaching environment to learn the skills and teamwork 3es- setinal to success in lacrosse.

To Register

- [Click this link and fill out the google form by Thursday, July 8th](#)
- Additional Hats or Backpacks can be ordered on the form also.
- Helmet, gloves, and stick required. We have equipment for those who don't have it.