

Precision Lacrosse Group

2018 Spring Break

Lacrosse Camp

Register Now
March 19th-22nd

We are now taking sign ups for our spring break camp. This is a chance for players to refine and enhance their skills and to gain the extra edge before the season starts. A four day camp that will allow players to focus on improving fundamental stick skills, shooting and passing proficiency in a fun and competitive environment. Will we build campers confidence in their abilities while encouraging the growth of the players strengths.

Session sizes are small, **SIGN UP NOW** to reserve your spot. Smaller class sizes, will allow coaches to spend more time with each player, giving them helpful advice and developing their game.

Take this amazing opportunity to hone your skills prior to box season.

Meet The Instructors:

Scott Ranger

Is a school teacher in the Nanaimo/Ladysmith district. He has an extensive lacrosse career playing in the National Lacrosse League for 11 years and 13 years in the Western Lacrosse Association. Scott has also coached at varying levels including minor, major intermediate as well as high school field lacrosse in the USA.

- 2009 Championship Cub Winner (Calgary Roughnecks)
- 2011 WLA MVP (Nanaimo Timbermen)
- WLA Leading Scorer 2011, and 2012
- WLA All-star team 2009- 2012

Lonny Sullivan

Has been a school teacher in the Nanaimo/Ladysmith district for the past 16 years. He is an very active member in the sports community in Nanaimo. He has an wide-ranging background in sports and the awareness of what makes a remarkable team. He has worked with players of multiple age groups.

- NDLA First Vice President, 2nd year in that position
- Member of the Nanaimo Masters Lacrosse program
- Coached the past six seasons for NDLA
- Coached minor hockey for 10 years

Camp Dates:

Monday, March 19th – Thursday, March 22nd

Centennial Building at Beban Park

Age Groups & Times:

6 - 9 year olds 12:30 - 1:45 pm (max 30)

10 - 13 year olds 2:15 – 3:30 pm (max 30)

14 - 15 year olds 4:00 – 5:15 pm (max 30)

Cost:

\$80.00 per Player

\$40.00 for Goalies

Every Participant will get a Precision Lacrosse Group Dry Fit Shirt

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Participant's Name _____

Date of Birth _____

T-Shirt Size: Please circle the correct size:

Youth Large Youth X- Large Adult Small Adult Medium Adult Large

Address _____

City _____ Province _____ Postal Code _____

Name of Parent / Guardian _____

Home (250) _____ Cell (250) _____

E-Mail Address _____

Medical Card # _____

Medical Information / Allergies / Medications:

All participants must be registered with their home association to ensure that they are covered by BCLA.

I do hereby approve my child's participation in the Precision Lacrosse Camp on March 19th – March 22nd at the Centennial Building in Nanaimo, British Columbia. I certify that my child is in good health and able to participate with no limitations. In the event that a medical emergency occurs and I am not on the premises or cannot be contacted I give my permission to secure medical attention. Also, I do hereby release Precision Lacrosse Group, and all instructors of the clinic of all liabilities due to an injury or illness.

Parents Signature: _____

Date: _____ CHEQUE # _____

(Please Make Cheques payable to Lonny Sullivan)

Registration can be dropped off at Kirby's Source for Sports on Bowen Rd.

E-transfer available: Lonny Sullivan at precisionlacrossegroup@gmail.com Registration forms and payment must be received by March 1st in order to receive a camp t-shirt. Campers that register after March 1st may not receive a camp t-shirt.

