

# 2019 Spring Break

## Lacrosse Camp

Register Now

March 18<sup>th</sup>-21<sup>st</sup>

### Precision Lacrosse Group

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. All sessions are co-ed for the exception of the female only.

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.

- 2011 WLA MVP (Nanaimo Timbermen)
- WLA Leading Scorer 2011, and 2012
- WLA All-star team 2009- 2012
- 2015 Mann Cup Champion (Victoria Shamrocks)

##### 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 of Nanaimo. He has a 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, 3rd year in that position
- Member of the Nanaimo Masters Lacrosse program
- Level one coaching for lacrosse, for the past six years
- Coached minor hockey for 10 years

**Monday, March 18<sup>th</sup> – Thursday, March 21<sup>st</sup>**

#### **AGE GROUPS:**

Ages 6- 9 10:00 am - 11:15 pm (max 30 kids per session)

Ages 10- 13 11:45 am – 1:00 pm (max 30 kids per session)

Ages 6-15 - \*Adaptive- 1:30 pm – 2:45 pm (max 30 kids per session)

Ages 6-15 -Female only- 3:15 pm- 4:30 pm (max 30 kids per session)

#### **COST:**

\$90 per camper - this includes a camp t-shirt

\$45 for goalies- this includes a camp t-shirt

*\*Adaptive lacrosse is for athletes with physical, social or intellectual impairments. If you have any further questions regarding this program please contact Lonny Sullivan at [precisionlacrossegroup@gmail.com](mailto:precisionlacrossegroup@gmail.com)\**

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## Spring Break Camp

March 18<sup>th</sup>- 21<sup>st</sup>

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:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I do hereby approve my child's participation in the Precision Lacrosse Camp on March 19<sup>th</sup> – March 21<sup>st</sup> at the covered lacrosse box at Harewood Centennial Park, 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](mailto:precisionlacrossegroup@gmail.com) Registration forms and payment must be received by March 1<sup>st</sup> in order to receive a camp t-shirt. Campers that register after March 1st may not receive a camp t-shirt.

