



## WINTER BREAK TRAINING CAMP

# MESQUITE

**FEBRUARY 18 – 21, 2010**

### **MANDATORY participation for all boys intending to play JV or Varsity lacrosse**

This camp will be run at the end of winter break for Varsity and JV players to provide a focused and intensive few days of practice for our team. In addition, we will scrimmage against another team while at the camp. The coaches believe this camp will elevate our team's level of play early in the season, while helping to improve physical conditioning, teamwork, and overall team chemistry. Parents and players should keep in mind that we compete with teams in the valley that start intensive practices (usually outdoors) during the week we have winter break. This camp is intended to "level the playing field."

**All costs are included in the \$370 fee for this event  
(All transportation, lodging, food, field use, activity, etc.).**

**Location:** Regional Soccer Complex, Mesquite, Nevada (beautiful new facility)  
2 Synthetic Lighted Turf Fields

**Dates: February 18 at 8:00am – Team Departs Park City High School by coach bus**  
**February 21 at 6:00pm – Team Returns to Park City High School by coach bus**

#### **Accommodations:**

We will be staying at the Highland Resort ([www.highlandstatesresort.com](http://www.highlandstatesresort.com)) in Mesquite, which has a pool and hot tub. This hotel is not a casino. Same hotel we stayed at last year. Boys will be staying 3 to a room. Rooms have a small kitchen (including fridge), one queen and one pullout. We may ask parents to provide mattresses and/or sleeping bags for each room.

#### **Typical Day:**

7:00 am – Rise & Shine  
7:30 am – Breakfast & Load Bus  
8:30 – 11 am – Practice Session  
11:30 am – Lunch  
1:00 – 3:00 pm – Practice Session  
3:00 – 4:00 pm – Break  
4:00 – 6:00 pm – Practice Session or Possible Scrimmage  
6:30 – 7:30 pm – Dinner  
7:30 – 9:00 pm – Film or Chalk Talk Session  
9:00 – 10:00 pm – Free Time  
11:00 pm – Lights Out

#### **Other Key Elements:**

This trip will be chaperoned by Varsity & JV coaching staff and a few parents. This camp is designed to keep the boys together for team building purposes. Players will not be permitted to leave the camp for activities with parents, friends, or others, etc. At the request of the coaching staff, parents are not invited to observe at the camp, nor will they be allowed to take players out of the camp for personal reasons, dinner, etc.

**Camp Registration Opens December 16, 2009 – Registration Closes January 19, 2010**  
**Total Camp Cost – \$370.00 – Register and Pay Online [www.parkcitylax.org](http://www.parkcitylax.org)**