

PARK CITY LACROSSE INTENSIVE SPRING TRAINING CAMP



2/19/09 - 2/22/09

MANDATORY participation for all boys intending to play Junior Varsity 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, there will be one or two scrimmages against other teams while at the camp. The coaches and PCLO Board believe conducting this camp will dramatically 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." You will find below some of the details of the camp to give you an idea of how it will be run. 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 (a brand new facility)
2 Synthetic Lighted Turf Fields
Only 45 minutes from Vegas for potential scrimmages

Dates: February 19 at 8:00am – Team Departs Park City High School by coach bus
February 22 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) in Mesquite, which has a pool, hot tub, barbecues, etc. This hotel is not a casino. Boys will be staying three to a room. Rooms have a small kitchen (the boys can bring stuff to stock the fridges), one queen and one pullout. We will be looking for parents to provide 10 to 15 inflatable mattresses or sleeping bags (each room will use one), and the boys will draw straws to determine sleeping arrangements.

Typical Day:

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

Other Key Elements:

We intend to have scrimmages with Las Vegas and St. George teams towards the end of the camp

This trip will be chaperoned by the Varsity & JV coaching staff (5)

While a few parents will attend to help with chaperoning and logistics, this camp is designed to and will keep the boys together for team building purposes. They will not be permitted to leave the camp for activities with parents, friends, etc.

Camp Registration Opens **December 16, 2008 – Registration Closes January 20, 2009**

Total Camp Cost - **\$370.00** - Payable to PCLO. Register / Pay Online www.parkcitylax.org