

WEEKLY SCHEDULE

WEEK 1: July 6 - 9

WEEK 2: July 13 - 16

WEEK 3: July 20 - 23

WEEK 4: July 27 - 30

	Mon	Tue	Wed	Thur
9:00-10:00	Draw Circle	Defense	Draw Circle	Defense
10:15-11:15	Advanced Technical Skills	Advanced Technical Skills	Advanced Technical Skills	Advanced Technical Skills
11:30-12:30	Shooting/Goalie	Shooting/Goalie	Shooting/Goalie	Shooting/Goalie
4:30-6pm		Beginner Clinic	Beginner Clinic	Beginner Clinic

Camp	Day	Time	Description
Draw Circle	MW	9-10am	Let's do this! From taking the draw at center to lining up around the circle, practice what it takes to take control of the ball at every draw. \$50/week
Defense	TTH	9-10am	
Advanced Technical Skills	MW	10:15-11:15	Proper and effective checking, making interceptions, footwork and good body positioning are the skills you'll practice to make yourself the indispensable defender your team needs. \$50/week
Advanced Technical Skills	TTH	10:15-11:15	
Shooting/Goalie	MW	11:30-12:30	This intense session will give you the opportunity to hone in on your individual stick skills: ball control, cradling, throwing and catching. Fundamentals are fundamental at every level! \$50/week
Shooting/Goalie	TTH	11:30-12:30	
Beginner Clinic	TWTH	4:30-6	Shooters will practice dodging, shooting, rolling the crease, among other skills to better her chances of scoring. Goalies will cover positioning, reaction times, communication and <i>stopping that ball!</i> \$50/week
			The beginner clinic is for new or intermediate players looking to gain experience and confidence in their skills. We will cover the basics and meet every player at her level, ensuring a fun and productive week! \$125/week