



# VOORHEES VIKINGS

## Boys Lacrosse Camp 2017

### Future, Present, and Past

#### Find Out What it Takes to be a Viking Lacrosse Player!

Learn our drills, philosophy, offensive/defensive schemes, and what it takes to be a successful player in our program!

Become a better fundamental lacrosse player while having a fun time!

#### Grade Level/Dates:

- **Grades Entering 1<sup>st</sup>-8<sup>th</sup>**

July 17-20 3:00PM-5:30PM  
July 21(Red and Gold Game)2:00 PM-4:00PM

- **Grades Entering 9<sup>th</sup>-12<sup>th</sup>**

July 17-20 5:30PM-8:00PM  
July 21(Red and Gold Game)4:00 PM-6:00PM

\*Voorhees Alumni Game will follow the High\*  
School Red and Gold Game on July 21<sup>st</sup>

**Coaches:** Coaches will consist of Voorhees Lacrosse staff, former Voorhees lacrosse players, NCAA and MCLA all-conference players, NCAA coaches, and special guest coaches.

#### Location:

Lebanon Township  
Memorial Park

#### Address:

67 Bunnvale Road,  
Califon, NJ 07830

Cost: \$165 (Pinnie  
Included)

Dates: July 17-July  
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\*\*\*Registration can be completed at [www.ltaa.sportsoffice.com](http://www.ltaa.sportsoffice.com)\*\*\*

\*Last day to sign up is **JULY 16!**\*

Contact Coach Perkalis at [nperkalis@nhvweb.net](mailto:nperkalis@nhvweb.net) or 908-638-2199 ext. 7402 with questions



# Camp Description

**1st-8th:** The emphasis of camp will be on the fundamentals of the game. Offensively, players will focus on proper catching and throwing technique, dodging, shooting, and offensive strategy. Defensively, players will focus on proper footwork, positioning, quality checks, communication, and team defense. Collectively, players will learn full field concepts such as subbing, riding, and clearing. All drills and learning will directly reflect what Voorhees Lacrosse program practices and implements to be successful. Players will be split into appropriate age groupings where they will receive individual attention from our coaching staff. The final day of camp will consist of our “Red and Gold Game” where players will have the opportunity to showcase their skills that they have learned and practiced throughout the week.

**9th-12th:** The emphasis of camp will be on the fundamentals of the game. Offensively, players will focus on proper catching and throwing technique, dodging, shooting, and offensive strategy. Defensively, players will focus on proper footwork, positioning, quality checks, communication, and team defense. Collectively, players will learn full field concepts such as subbing, riding, and clearing. All drills and learning will directly reflect what Voorhees Lacrosse program practices and implements to be successful. This is a great opportunity for any incoming freshman to get a taste of what the Voorhees Lacrosse program is all about and to learn schemes so that they are seamlessly prepared to join the program in the spring. This is also a great opportunity for any players that are already in the program to continue to work on their skills and learn what is expected of them as they move up a grade level. It will also be a chance for the Voorhees Lacrosse staff to evaluate players for the upcoming year. The final day of camp will consist of our “Red and Gold Game” where players will have the opportunity to showcase their skills that they have learned and practiced throughout the week.

**Alumni:** Following the youth and high school “Red and Gold Games,” the Voorhees High School Boys Lacrosse Alumni Game will be held. Former players will arrive throughout the final day to support our youth and high school teams while preparing to play their game in the evening. Younger players are welcome to stay, meet our alumni, and enjoy the game. It will be a great community event!