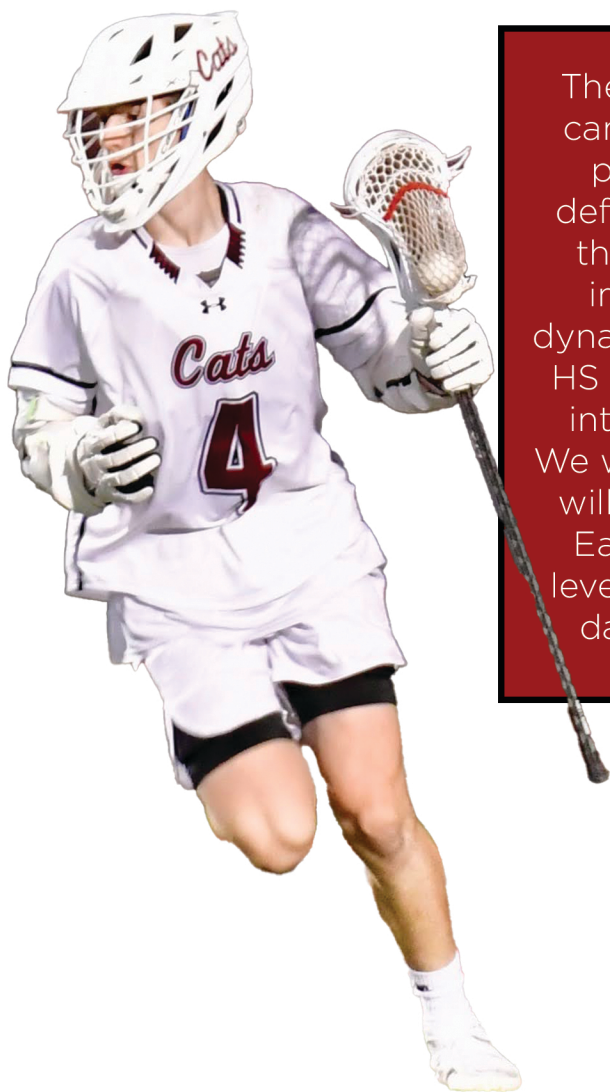


# WHITEWATER HIGH SCHOOL JR.WILDCAT LACROSSE CAMP



The WHS "Junior Wildcat Lacrosse Camp" will instruct campers in the fundamentals of fielding a ground ball, passing, catching, cradling, dodging, shooting, and defense. Each day we will begin with a wall ball routine that the campers will be able to replicate at home to improve on their stick skills. Then we will perform a dynamic stretching routine that will be led by Whitewater HS lacrosse players and coaches. We will then break up into small groups to work on the fundamentals above. We will also incorporate our very own footwork drills that will help your child improve their speed and quickness. Each camper will be divided according to age/ability level to work in groups led by Whitewater players. Each day will end with some type of lacrosse competition.



## JULY 10TH-14TH

**TIME:** 6PM - 8PM

**WHERE:** Whitewater High School Stadium

**AGES:** K - 8th Grade

**COST:** \$100

**EQUIPMENT NEEDED:** Cleats, LAX stick, gloves  
shoulder pads, helmet & mouth guard  
(T-shirt included with registration)

**QUESTIONS?:** Contact Coach Evan Bryant [bryant.evan@fcboe.org](mailto:bryant.evan@fcboe.org)



**TO REGISTER:** PLEASE VISIT [WWW.FCBOE.ORG/FCS](http://WWW.FCBOE.ORG/FCS) AND LOOK FOR THE MYSCHOOLBUCKS.COM LINK IN THE MIDDLE OF THE PAGE

*There are no walk ups or any money or checks to be exchanged by the parent and instructor due to covid restrictions.*