

LifeZone360 Lacrosse

Camps



Lifezone360 2018 GIRLS SUMMER LACROSSE CAMP

GRADES: YOUTH (6-8) HS (9-12)

AGES: 11 - 18

SKILL LEVEL: Beginner / Intermediate

SESSIONS / DAYS: 5 Sessions M JUL 23 - F JULY 27

TIME: Youth 10a - 12p / HS 1p - 3p

COST: \$125

LOCATION: Lifezone360

The LifeZone360 Lacrosse Summer Camp 2018 will provide 10 hours of instruction for youth players. Concepts for the camp include:

- Individual and small group skill/concept development.
- Educational sessions (Film analysis/ chalk talks).
- Lacrosse specific games.
- Position specific training sessions.
- Speed and agility training intertwined throughout

FULL GEAR IS REQUIRED FOR THE SUMMER CAMP.



LAX CAMP QUICK INFO

**M-F JULY 23 - 27
Y 10a-12p HS 1p-3p**

@Lifezone360
999 W Main Street
W Dundee IL 60118

JULY 23-27
5 SESSIONS

10 TOTAL TRAINING
HOURS

PRICING OPTIONS

CAMP PER ATHLETE: **\$125**

There are NO REFUNDS for this program.

**CLICK HERE TO REGISTER FOR THE 2018 GIRLS
SUMMER LACROSSE CAMP HERE**

or visit <https://goo.gl/nsxsCd>

PROGRAM CONTACT

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