

Barrington High School Boys Lacrosse- Summer Activity Agenda

Dear Parents and Players,

As the 2010 high school lacrosse season draws to a close we would like to bring to your attention some great opportunities to grow your son's skills over the summer. Below is a list of camps, tournaments and leagues that the coaching staff believes are of high quality and will have a significant impact on your son's lacrosse abilities.

In order to be competitive in the constantly evolving lacrosse world it is imperative that your son's attend skill improving camps outside of the Midwest. The caliber of lacrosse played in other parts of the country is far superior to that which is played in the Midwest. Competing and playing with other players outside of this area will vastly enhance the individual skills of your player.

BHS Lacrosse Summer Lifting Program

Cost - \$150 from June 8, 2009 through August 20, 2010

Structure- Tuesday and Thursday

Location: BHS High School Weight room

Time: 6:00 AM to 7:00 AM

This program is strongly recommended for all incoming Freshman and current players. These sessions will develop fundamental weight lifting, agility and power skill sets.

Please see attached sheet to register. Please bring payment and completed registrations to the end of the year banquet at the BHS Cafeteria.

Summer Tournaments

Chicago Lacrosse Cup

<http://chicagoelitelacrosse.com/payment.php>

The tournament will be held from June 14-16 in Vernon Hills at Deerpath Park. We encourage players from all levels to sign up. The cost is \$150 per player and each team will get a minimum of 6 games. This tournament will be coached by BHS Coaching Staff.

SUMMER CAMPS

BHS Lacrosse Summer Camp Hosted By Ante-Up Lacrosse

July 29 – August 1, 2010 from 10 AM to 4 PM.

<http://www.anteuplacrosse.com/camps/index.html>

Hobart Lacrosse Camp:

www.hws.edu/offices/conferences/pdf/hlaxcamp09.pdf

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University of Syracuse Lacrosse Camp:

<http://www.sulacrosse.com/The%20SU%20Championship%20Lacrosse%20Camp.html>

University of Maryland Lacrosse Camp:

<http://www.umterps.com/camps/md-camps.html#mlax>

Johns Hopkins Lacrosse Camp:

<http://www.hopkinsports.com/sports/m-lacros/spec-rel/camp.html>

Bill Pilat's Goalie School:

<http://www.laxcamps.org/thegoalieschool.html>

LOCAL SUMMER LEAGUES-

Lacrosse America Summer League

<http://lacrosseamerica.com/SubSites/LA/programs/?EventID=102>

Frosh and JV

In closing, we would like to reiterate the importance of honing your player's lacrosse skills outside of the pre-season and regular season. The aforementioned opportunities provide a great opportunity for physical growth and development of individual skills. We feel improvement in these two areas will significantly enhance the program as a whole as we look toward the 2010/2011 season.