



Lacrosse Camp at Rice University

Middle School Boys

Location: Rice University – Ralph O'Connor Field
Time: 9:30 A.M. -12:30 P.M. Each Day

November 12 & 13 November 19 & 20, 2011
Cost: \$250



About the Camp:

The Rice University Lacrosse camp is aimed towards developing and strengthening middle school lacrosse players and preparing them for the upcoming season. The camp will include extensive individual instruction, along with daily participation in actual games. The goal of the camp is to teach the fundamentals of lacrosse, while ensuring that each player leaves with a new appreciation for the game. Beginners are encouraged to attend. No experience is needed. Camp staff will include Rice Lacrosse players and alumni, as well as players from some of the top high school programs across the country. In addition, Rice University Lacrosse Camp will feature some of the best local high school and middle school coaches.



Individual/Positional Skills

Focus on fundamental skills at each position, with an emphasis on:

- Positional Stick Work
- One on one Offense and Defense
- Footwork
- Ground Ball Techniques
- Dodging and Stick Protection

Specialty Instruction

Each Camp staff member is a specialist in certain areas of the game. This is your opportunity to receive additional, in-depth and advanced instruction in the game. The clinic will include:

- Face-offs
- Wing Play
- Advanced Goalie Instruction
- Defenseman stick and foot work

Team Strategies

The afternoon session will primarily focus on field control and team play, culminating in scrimmages on the last day of camp, in which you will be able to put your newfound expertise to work. You will be assigned to a team of six, coached by one of our instructors.

Team concepts and instruction will include fundamentals where campers will be introduced to the formations most often utilized on offense, as well as how to operate within each of those, and how to see the field and create favorable match ups. Defense strategies that will be covered include slide packages, communication and more. Instruction in special and unsettled situations will cover fast and slow breaks, as well as odd-man situations (man-up and man-down). Finally, the basics of full field riding and clearing will be taught.

Equipment Checklist:

Boy's Camp: Stick, gloves, arm pads, shoulder pads, helmet, mouthpiece, cleats/sneakers, water bottle



For Further Information:

Contact:

Mike Ormsby, *Head Coach Rice University Men's Lacrosse*

(281) 924-0300 or mikedormsby@comcast.net

OR

Will Longley, *President Rice Men's Lacrosse Team*

(281) 840-0232 or wj2@rice.edu





Rice Boy's Camp Registration

Please fill out the following and mail it with a check for \$250 made out to Rice Men's Lacrosse to:

Will Longley - President Rice Men's Lacrosse Team
1515 Bissonnet, Box 129
Houston TX, 77005

Last Name: _____

First Name: _____

Street Address: _____

City State Zip: _____

Phone: _____

Email: _____

Emergency Contact and Phone: _____

Age Weight Height Position: _____

School Grade: _____

Comments: _____