



Boys Lacrosse Programs



40 Southlawn Court, Rockville, MD 20850, ph: 301.838.7403, www.championsfieldhouse.com

Updated 1/19/12

[4246] YOUTH CLINIC

Learn the skills necessary to have a successful lacrosse future. Skills will include improving passing and catching, dodging, defense and shooting. Challenge your skills in fun and competitive games. Players will be divided by age, size & skill level.

Grades: 4th - 8th

Session III: 1/11-2/22

Times: 4 - 5p

Price: \$150

Day: Wednesday

Length: 6 weeks

[4272, 4540] REC LEVEL CLINIC

Perfect for the player who wants to learn the sport. Individual skills and game-like drills.

Age: Grades 1st - 4th

Session I: 1/11-2/22 (Weds)

Session II: 1/12-2/23 (Thurs)

Length: 7 Weeks

Price: \$150

Times I: 4 - 5pp

Times II: 5 - 6p

[4646] ELEM INTERMEDIATE CLINIC

Skills and drills for more experienced players.

Age: Grades 1st - 5th

Date: 1/31 - 3/6

Times: 4:30-5:30p

Price: \$135

Day: Tuesdays

Length: 6 Weeks

[4279] YOUTH & NEW HS PLAYERS SKILLS CLINICS

For Youth and New High School Players. Learn the skills necessary to have a successful lacrosse future. Skills will include improving passing and catching, dodging, defense and shooting. Challenge your skills in fun and competitive games. Players will be divided by age, size and skill level.

Age: Grades 5th - 10th

Dates: 12/28 - 1/18

Day: Wednesdays

Price: \$100

Time: 6:30-7:30p

Length: 4 Weeks

YOUTH LEAGUE

Age: Elementary/Middle School

Date: 12/4 - 2/5

Times: 8am - 4pm

Price: \$165 per player

Day: Sundays

Length: 8 weeks

HIGH SCHOOL LEAGUE

Age: High School

Session I: 12/4 - 2/5

Times: 8a - 4p

Price: \$165 per player

Day: Sundays

Length: 8 weeks

[3855] HIGH SCHOOL PREP

Work on lacrosse skills & get in shape for the Spring Season. Learn conditioning, speed and strength drills & exercises to prepare to BREAKOUT in 2012. Players will walk away each week with a program for improvement in the upcoming week.

Age: High School

Dates: 1/31 - 2/23

Times: 3:30 - 5p

Price: \$350

Day: Tues & Thurs

Length: 4 weeks

[3856] BREAKOUT GOALIE CLINIC

Work on fundamental goalie skills. Goalies will be taught and equipped with drills to allow them to practice after the clinic. All skill levels welcome. New goalies welcome as well. Length: 1 Day.

Ages: 10 - 18

Session I: 2/20

Times: 12:30 - 2:30p

Price: \$130

Day: Monday

Length: 1 day

[3857] BREAKOUT FACE OFF CLINIC

Work with face-off experts to develop moves for the upcoming season. Skills & drills will be taught to allow players to practice & prepare. Players will be divided by age & skill.

Age: High School

Session I: 2/20

Times: 9am - 10:30am

Price: \$75

Day: Monday

Length: 1 day

Sign-Up for Face-Off & Shooting Clinics for \$150.

[3858] BREAKOUT SHOOTING CLINIC

Improve speed and accuracy on your shot with some of the best shooting coaches in the area.

Age: High School

Session I: 2/20

Times: 10:30a - 12:30p

Price: \$85

Day: Monday

Sign-Up for Face-Off & Shooting Clinics for \$150.

HOW TO REGISTER

Complete & sign CFH registration form:



Mail form along with payment to
Champions Fieldhouse, 40 Southlawn Court, Rockville, MD 20850



Log onto www.championsfieldhouse.com & click on the specific sports program page.
You can register for most programs via CFH QuickForms or MYSam.



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CFH GOALIE CLINIC

Work on fundamental goalie skills. Goalies will be taught and equipped with drills to allow them to practice after the clinic. All skill levels welcome. New goalies welcome as well.

Ages: 10 - 18

Dates: 3/3

Times: 5-8p

Price: \$130

Day: Saturday

Length: 1 day

CFH FACE OFF CLINIC

Work with face-off experts to develop moves for the upcoming season. Skills & drills will be taught to allow players to practice & prepare. Players will be divided by age & skill.

Age: High School

Dates: 3/3

Times: 5-6:30p

Price: \$75

Day: Saturday

Length: 1 day

CFH ATTACK/DEFENSE CLINIC

Age: High School

Dates: 3/3

Times: 6:30-8p

Price: \$85

Day: Saturday

Length: 1 day

[4383] HIGH SCHOOL ACADEMY

The CFH Boy's Academy will help players develop all facets of their game including shooting, ground balls, defense (team and individual), fast breaks, dodging, stick sills, offense, clears and draw control.

Age: High School

Dates: 6/18- 6/22

Day: Mon-Fri

Price: \$250

Times: 5:30-8:30p

Length: 1 week

[4381, 4382] BREAKOUT LACROSSE CAMP I, II

Get out of the heat, improve your skills and step up to the challenges. Work on your skills in the morning and test them out in competitive games in the afternoon. Skill instruction from 9a-12p and controlled scrimmages from 1p-4p. Lunch is provided.

Grade: Rising 5th-9th Gr.

Session I: 6/18-6/21

Session II: 8/6-8/9

Day: Mon-Thur

Price: \$350

Times: 9a-4p

Length: 4 days

[4384, 4385] LACROSSE CAMP I, II

All skill levels are welcome. If you are new to lacrosse, this will be a good opportunity to learn the basics of passing, cradling, ground balls, individual and team play. If you are more advanced, coaches will focus on what you need to work on at the high school level. In addition to skill instructions, coaches will focus on importance of team play and sportsmanship beginner and intermediate.

Age: 8-13 yrs

Session I: 6/25-6/29

Session II: 7/16-7/20

Day: Mon-Fri

Price: \$200

Times: 9a-3p

Length: 1 week

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