



**New Friends**

**Experienced Coaches**

**Great Atmosphere**

**One Extraordinary Adventure**



SPEED  
AGILITY  
STRENGTH  
NUTRITION



SCRIMMAGES  
DRILLS  
TECHNIQUE  
W/VIDEO  
SUPPORT

# FIRST ANNUAL BLACK BEAR LAX CAMP

AUGUST: 14TH-18TH

8:00AM-5:00PM

## CAMP HIGHLIGHTS

- Male and Female camp
- Individual skill training
- Draw and Goalie Instruction
- Nutritional information and direction
- Offensive + Defensive strategy
- End of the week tournament

- Small games
- Field and position awareness
- Daily workouts
- Outdoor fun and activities
- Leadership development

207-581-1732

[richard.d.reichenbach@maine.edu](mailto:richard.d.reichenbach@maine.edu)

2 Tunk Rd, Orono Me 04473