



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

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