

Camp Features Include:

Shooting Techniques and Drills

Dodging

Defensive Footwork

Defensive Checks

Transition Play

Implementation of Game Strategy

Work with National Champion Specialists in areas such as face-offs, take away checks and goaltending.

****All Campers receive a Prime Time reversible, T-Shirt, wristband, helmet stickers, bracelet and LI Lizard sticker****

DAILY CAMP SCHEDULE

9:00 Stretching with Coaches

9:15 Line Drills & Stick Work

9:40 Stations - Grouped by position, with related skills and drills.

10:45 Team Drills (Positioning on field, rides and clears)

11:15 Simulated Games. Short Scrimmages before lunch

12:15 Lunch (Camper bring their own lunch)

1:05 Demos and Instruction on different phases of the game.

1:25 Contests for prizes (ground balls, fastest shot, etc.)

2:00 Camp Ends

Dear Lacrosse Player:

Thanks for your interest in our summer lacrosse program. We are excited to bring Prime Time Lacrosse Camp to Birmingham and our professional coaching staff hopes you can join us.

Our goal at Prime Time Lax is to provide a fun-filled environment for each camper and give them the opportunity to learn from the VERY BEST COACHES. In doing this, we feel each camper will build their own self confidence, learn the true value of sportsmanship, how to be a leader while improving their skills as an overall lacrosse player and person.

Prime Time Lax Camp will allow each player to pick up the finer points of lacrosse with a level of intensive, top notch instruction from professional and collegiate players on staff. Our main goal is for everyone to have a fun and exciting lacrosse experience. I hope you can join us.

Prime Time Players practice to make perfect !!



Tim Byrnes - Syracuse 2000 National Championship Game

Contact us: www.PrimeTimeLax.com

Email: tbyrnes@primetimelax.com

Email: billy@primetimelax.com

Phone: 516.799.2666

Prime Time Lax Registration 2008

Please visit our Website

www.PrimeTimeLax.com

to Register and Reserve your spot at Camp

Three-Day Session: will be held July 28th – 30th at Liberty Park Athletic Complex, located just off Interstate 459 in Birmingham.

Laxapalooza – will be Sunday night July 27th

Cost for this three day session will be \$210 per camper.

- Boys & Girls: Ages 7-13 yrs old
- Beginners are welcome
- We will have some loaner equipment at the field for those who may need some

Campers who have should bring Full Lacrosse Equipment:
Boys - helmet, mouthpiece, stick, gloves, arm pads, shoulder pads, cleats.

Girls – goggles, mouthpiece, stick, cleats

Camp Staff Includes:

Tim Byrnes - MLL Barrage

- Syracuse 1996 - 2000, Most Recent -2007 World Champion Philadelphia Barrage

Billy St. George - Brigdeport Barrage

- Syracuse 1998 - 2002, National Champion - 2000 & 2002, Captain 2002 National Champs

Chris Fiore - LI Lizards

- UMass 1999 - 2003, 2x MLL All Star, Warrior Lacrosse

Dan Paccione - Chicago Machine

- UMass 1998-2003, Most Recent - Assistant Coach at St. John's University

Liam Banks, Kevin Leveille, as well as other MLL and college players

Brought to you by: www.shadesvalleylizards.com and approved by:

