

GREAT COACHES, GREAT FRIENDS, GREAT SUMMER



**GAME
BREAKER**
LACROSSE CAMPS



Staples High School
Westport, CT

CAMP DATES:

June 21-24 | July 12-15

August 2-5

Girls Ages 6 - 16

COVID COMPLIANT

LaxCamps.com 800-944-7112 Support@LaxCamps.com

Established in 2001 - 100,000 Campers and Growing

Team Discounts

5-9 Players
\$25 off

10 + Players
\$35 off

Email for Code



Camp Location

Staples High School

Westport, CT
Half Day Only (8:30-12pm)
All Abilities Welcomed

Why GameBreaker Lacrosse

- Current Collegiate Players on Staff
- Run at Elite College and High School Institutions
- 8 to 1 Camper to Coach Ratio
- Specialized Instruction for All Positions
- Top Level College and High School Coaches
- Daily Contests, Prizes and Awards!

Director



Amy Alvord

- Westport PAL Coaching Director
- 3X NCAA All-American
- William Smith College star player
- Coached Fairfield Ludlowe to a State Championship
- Appeared in 4 NCAA finals
- Started Germany's Hamburg Warriors, leading them to three back to back National Championships



Schedule

Early Morning Training Session

Developmental Stick Work
Specialized stick routines and targeted fundamental drills

Individualized Training
Defense, Attack, Midfield, Goalie,
Draw Specialist: Footwork-
Dodging-Situational and Spatial
Awareness - Mechanics - Stick
Protection - Positioning

Unsettled Situational Game Play
Focused on spacial awareness
specific to each type of situation,
1v2, 2v3, 3v4, 4v5 and 5v6

Late Morning Training Session

Grouped Position Specific Training
Defense vs Attack, Midfield vs
Midfield: Focusing on Positioning,
Game IQ and Field Awareness -
1v1, 2v2, 3v3. 4v4, 5v5, 6v6

Game Play
7v7- Clear, Ride and Full Field
Scrimmages- Camp Championship

Specialized Team Building Events
Lax Capture the Flag- Lax Maze
Runner- In Addition to
Other leadership Activities