

**2010
Falcons Boys' Lacrosse Camp
Presented By
Payton Sports Camps**

Camp Staff

Director: Scott Reid

Head Coach
Jefferson Township High School
Varsity Boys' Lacrosse Team

2009 - MUGS Media
Coach of the Year

2009 - NJ Herald
Coach of the Year

2005 – Pooley Division
Assistant Coach of The Year

2004 – Pooley Division
Head Coach of The Year

2003 – Ridgewood Press
Bergen County Coach of the Year

Additional Staff Includes*
Varsity High School Coaches

Jefferson Township High School
Assistant Coaches

College Lacrosse Players

Jefferson Township High School
Current Players

Jefferson Township High School
Lacrosse Alumni

Mission Statement

Our goal is to help our campers of every skill level and background gain a greater understanding of the game of lacrosse, develop strong fundamentals, and further their love for the game.

Typical Day at Camp

(Players will be broken up by age)

8:30 – 8:45	Check In
8:45 – 9:00	Discussion of Day's Theme
9:00 – 9:15	Warm-up/ Stretch
9:15- 10:45	Individual Drills
10:45-11:45	Team Concept Drills
11:30-12:00	Lunch
12:00 -12:30	Situational Play
12:30-2:00	Full Field Scrimmages

What We Cover at Camp

Cradling - Passing - Catching - Shooting
Fast Breaks - Team Defense - Footwork
Checks - Slides - Dodges - 1v1's
Ground Balls - Rides - Clears -Goalie Play
Communication - Full Field Scrimmages
6v6 Offense - Situational Play

Equipment Needed

Mouth Piece Helmet Shoulder Pads Gloves
Arm Pads Cleats Cup Stick Lunch
*snacks & drinks will be available for purchase

Players Will Receive

Reversible Pinnie
Camp Tee Shirt
Chance to win prizes

**2010
FALCONS
LACROSSE
CAMP**



**PRESENTED BY
PAYTON SPORTS CAMPS**

**FOR BOYS ENTERING
GRADES 4-9**

JULY 5 – JULY 8, 2010

8:30 – 2:00 PM

**JEFFERSON
TOWNSHIP
HIGH SCHOOL
BOYS' VARSITY
LACROSSE FIELD**

CONTACT INFO:

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PAYTONSPORTSCAMPS@YAHOO.COM
To see ALL HS Camps offered Log on to: www.jefftp.org
Go to the athletic link