

Camp Philosophy

The purpose of the Cougar Lacrosse Camp is to provide grade school age boys with the opportunity to work on their skills and to introduce new players to the game of lacrosse. Lacrosse is a relatively new sport to the area, but is the oldest and the fastest growing sport in America. In 2010 Cardinal Mooney (CMHS) Lacrosse became a full fledged Varsity sport by declaring itself eligible for FHSAA competition. In 2011 CMHS Lacrosse became the first team in the Sarasota area to win a District Title, and make the first round of the State Playoffs. Our camp is conducted and run by trained high school coaches and CMHS Varsity players who will stress the fundamentals needed in grade school and will help them build a strong foundation for high school competition. Each player will work on drills that he will utilize in the upcoming season and his future high school career.

Time will be spent on all phases of the game that will include the physical and mental aspects of Lacrosse. Each session will include introduction of the rules and philosophy of the game, offensive and defensive strategies, individual skills by position and group, sportsmanship, discipline and other selected topics. Players will be exposed to all positions on offense and defense.

The session will conclude with a scrimmage. Teams will be based on age and experience. All players are required to have: a helmet, gloves, arm pads, shoulder pads, mouthpiece and a stick. (Equipment not provided by Cardinal Mooney)

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Typical Day

- 9:00 Check in and attendance
- 9:10 "Chalk Talk" on rules/strategies of the game
- 9:30 Individual skills and drills
- 10:15 Break
- 10:30 Team concepts and drills
- 11:15 Scrimmage
- 12:15 All participants must be picked up by 12:15. After 12:15 after care charges may apply.

Cost

The cost of the camp is \$150.00. Each participant will receive a camp t-shirt. Each participant must bring all equipment: Helmet, gloves, arm pads, shoulder pads, mouthpiece and stick. Space is limited so submit your registration and fee immediately. The deadline is June 10th.

Staff

The Cougar Lacrosse Camp will be conducted by Cardinal Mooney Head Coach Clayton Wight and Assistant Coach Philip Meyer. Coach Wight and Coach Meyer will be assisted by returning College players and Varsity members of the CMHS lacrosse team and other high school coaches. Coaches will lead participants during all drills and scrimmages.

What to Bring

All participants should bring all lacrosse equipment: helmet, gloves, arm pads, shoulder pads, mouthpiece and stick. They should also bring a water bottle,

Cardinal Mooney
High School

4171 Fruitville Rd
Sarasota, FL 34232

Phone: 941-371-4917 Ext. 225

Fax: 941-371-6924

E-mail: pmeyer@cmhs-sarasota.org