



**Vimy Lacrosse Spring Break Camp 2017**  
**March 27<sup>th</sup> and March 28<sup>th</sup>**  
**Edmonton South Side Soccer Centre**  
**6520 Roper Road, Edmonton, Alberta**

**IMPORTANT INFORMATION**

Thank you for registering for the Vimy Lacrosse Spring Break Camp. The camp is just around the corner and we are excited as we get everything ready for the two day event. Please check all your equipment so that you have everything you need. Make sure the runners are in the bag, the helmet screws are all tightened, the lacrosse side walls are tied and the water bottle is ready to go. It will be two very busy days so please ensure you pack some snacks and a good lunch on both days. There will be no concession or food available at the facility so please have food with you for the camp. We will have lots of prizes and giveaways for the camp and we are looking forward to working with each of you.

Jimmy Quinlan and Paul Rai will be the Camp Directors. We have a great group of support instructors to provide you with an incredible day on instruction and fun. Mike DeGirolamo will be our goalie instructor working with our goalies throughout the camp.

**Check In**

Please check in on March 27<sup>th</sup> between 8:15 AM and 8:45 AM at the South Side Edmonton Soccer Centre (6520 Roper Road, Edmonton, Alberta). Players will need to be ready to hit the floor at 9:00 AM. The camp will running from 9:00 AM to 4:00 PM on both days. There will be a 45 minute lunch break on both days and several water breaks during the days. On Day 2 players can arrive at 8:30 AM to get ready for the floor time. The soccer centre will be open for parents to come and watch their children during the camp. Parents will be able to pick their child up at 4:00 PM on both days.

**What to Bring**

All athletes are required to bring their own equipment which should include Helmet, Stick, Shoulder Pads, Kidney Guards, Gloves, Slash Guards, Mouth Guard, and indoor lacrosse runners. **Box goalies need to provide their own gear .**

There will be water available at the soccer centre. Campers are encouraged to bring their own water bottle and fill up at the soccer centre. All athletes should bring their own packed lunch, which will be kept in the dressing rooms. It is highly recommended that you pack your lunch in a thermos type lunch bag to keep your lunch cool. Dressing rooms will NOT be locked to allow players to get water and snacks throughout the day. **Please leave all valuables at home.**

It will be a good idea to bring an extra change of clothes. Sweat and spills can make for a long day. Sometimes it makes life easier to change shirts/shorts during our lunch break. An extra pair of socks is especially helpful.

If there are any questions on the camp details please call me at the number below.

### **Stick Stringing**

We will have stick stringers available at the camp to fix any sticks that are in need of repair. If you have any heads that you would like to have re-strung please bring them to the camp and have them done. Stringing prices will be dependent on the type of stringing requested.

## **WE LOOK FORWARD TO SEEING YOU AT THE VIMY LACROSSE SPRING BREAK CAMP**

<b>CAMP DIRECTOR</b>	
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Paul Rai

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