



Welcome to NOTB box lacrosse summer camp 2019!

Girls Session 9:00am – 12:00pm:

- Drop off between 8:30am and 8:50am
- Pick up will be **promptly** at 12:00pm

Boys Session 12:00pm – 3:00pm:

- Drop off between 11:30am and 12:00pm
- Pick up will be **promptly** at 3:00pm

Items needed for participation:

- Boys... full equipment. Back or kidney pads recommended.
- Girls... full boy's equipment but at minimum THEY MUST have helmet and gloves.
- Water or drink. There is a vending machine and fountain at the facility.
- Snacks. Again, there is a vending machine, but please bring snacks for when off the rink activity time.
- **A new unstrung head, or old unstrung head.** Athletes will have the opportunity to learn to string a lacrosse head under the instruction of camp counselors.

Full Itinerary of each day's schedule will be posted prior to camp.