



### Camp Schedule and Format

9:00 – 11:30 Morning Session consists of progressive, small sided drills, so players receive maximum reps & instant feedback from counselors.

*This session is dedicated to the **learning** of new skills and game play strategies*

11:30 – 12:30 Lunch “Break” consists of skill competition, film sessions and learning strength & conditioning techniques.

12:30 – 3:00 Afternoon Session consists of fast paced drills that challenge players to read, react, and take control of game situations.

*This session is dedicated to the **execution** of learned skills and strategies*

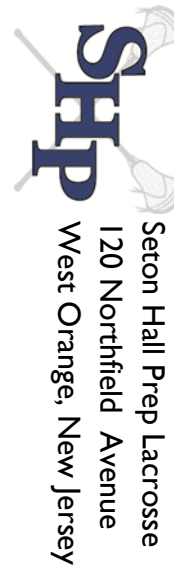
**Tuition-** \$250 includes Camp fee,- reversible jersey, water bottle and a drawstring bag. Camp store will have Gatorade and healthy snacks for purchase during breaks.

-Sibling discount \$225 each

Additional clinics & development opportunities will be run through *Pure Development Lacrosse* - [www.puredevelopment.org](http://www.puredevelopment.org)

**Location-** Seton Hall Prep  
Kelly Athletic Complex  
640 Prospect Avenue  
West Orange, NJ 07052

2005, 2008, 2010,  
2013, 2014, 2015, 2016, 2017, 2018  
Essex County Champs



# Seton Hall Prep Lacrosse Development Camp

July 8th thru July 11th, 2019  
Boys’ Grades 3rd thru 9th



**For more information**  
**Contact Head Coach Giarrusso**  
**dgiarrusso@shp.org**  
**www.shp.org (Athletics)**  
**online -gopirates.shp.org**

## Skills and Drills

### Camp Philosophy

Over the 4 days that players attend the camp, our goal is to have players leave with a better understanding of the game and acquire the skills necessary to play at a competitive level.

We pride ourselves that our campers do not participate in full team games during the week. Our focus is to maximize touches on the ball, and allow players to make mistakes and learn in a supportive environment. This can only be accomplished through small numbered drills.

Through great teaching, development, and healthy competition the players will learn the important aspects of a time honored game.

### Directed by Seton Hall Prep's Lacrosse Staff

Dave Giarrusso – Head Coach ( 2008-present)

Gary Gadek – Offensive Coordinator

Dave DeRiso – Varsity Off Asst Coach

Chad Holland – Head Coach Junior Varsity

Pete Durning– Freshman Coach, Head Strength and Conditioning Coach

Steve Sanczyk– Varsity Def Asst Coach

SHP College alumni will assist during the week -



Additional clinics & development opportunities will be run through *Pure Development Lacrosse* -

[www.puredevelopment.org](http://www.puredevelopment.org)

## Skills and Drills Camp Clinics

- Stick “Skills” Needed in Games
- Exchanging out of Offensive Motion
- Taking Control of 1v1 Dodges
- Decision Making without the Ball
- Defensive Positioning/ Footwork
- Timing and location of Checks
- Important Groundball Situations
- Fast Breaks/Unsettled Transitions
- Faceoff Clinic with Current College Players– latest technique
- Strength and Conditioning
- “Honoring the Game”

### Facilities

The camp will be held at Seton Hall Prep's Kelly Athletic Complex, located: 640 Prospect Avenue West Orange, NJ. Brendan Tevlin Memorial Field and the adjacent Charlie Lorenzo '52 training facility will also be used.

In the event of rain, camp will continue inside the training facility until the weather clears. The KAC is equipped with the THOR lightening Warning System.

We will not cancel or end camp early!  
(Drop Off starts 8:30 pick up by 3:30)

### Equipment

All players must bring– Lacrosse stick, helmet, shoulder pads, arm pads, gloves, mouth guard, cleats and sneakers.

All goalies must wear chest protector, throat guard and an athletic supporter.

Arrangements can be made to borrow equipment (see application form).

**Application Form** Return this form with check or money order for a \$100 deposit payable to **Seton Hall Prep** by June 1st, 2019. \$150 Balance due by June 30th. Attach additional contact info for any additional camper.

Sibling Discount **\$225 each**

Camper's Name (First)	(Last)	
Address		
City	State	Zip
Email		
Home Phone	Mobile	
School Entering	Grade Entering	
Club Program,	Years Experience	
Emergency Contact Name and Phone		
Physician's Name and Phone		
Date of Birth	Height/Weight	Position

Loaner Gear needs- (Circle) helmet, shoulder pads, arm pads, gloves.

Check # \_\_\_\_\_ Amount \_\_\_\_\_

\* Session 1 July 8-11, 2019

I request that the child(ren) named herein be admitted to the Seton Hall Prep Lacrosse Camp and give my permission for him to participate in the sport of lacrosse, which I acknowledge as a physical activity that can result in accidental contact with other students, as well as the facility. I hereby waive all claims to the directors, counselors, coaches, referees and the school and authorize the directors to act for me according to their best judgements in any emergency requiring medical attention, for which services, other than the accident insurance maintained by the camp, I will pay.

Signature \_\_\_\_\_

I accept the conditions described in the brochure and online

Checks Payable to: **Seton Hall Prep**

Seton Hall Prep Lacrosse  
120 Northfield Avenue  
West Orange, New Jersey 07052

Phone: 862-452-5211

Fax: 973.731.3920

E-mail: [dgiarrusso@shp.org](mailto:dgiarrusso@shp.org)

[www.shp.org](http://www.shp.org) or [@SHPlacrosse](http://www.gopirates.shp.org)