

### **About In The Net Sports Academy (ITN)**

A fully insured sports organization, specializing in Soccer, Lacrosse, Field Hockey, Volleyball, Skateboarding, Tennis, and Speed/Strength training for boys and girls of all ages and abilities lead by licensed professionals and collegiate coaches.

For almost 10 years, **ITN** has been an active member of the NH and MA youth sports community delivering personalized, professional training and sports camps year round to help our athletes achieve success at all levels. We are committed to providing the best individual player and team development programs through proven positive, professional and organized coaching methodologies and development techniques.

No matter the age or experience of your young athlete, **ITN** will meet their skill development needs and guarantees that with any of our programs, your child will be provided with fun, safe, educational and challenging environment or your money back!

#### **ITN Lacrosse Goals:**

Our lacrosse goal is to provide the best skills development program for boys and girls, trained separately, up to the collegiate level athlete by emphasize learning, practicing, and improving all aspects of a player's game through positive, fun and professional coaching methods.

Players are trained individually and in small groups to develop the essential skills of lacrosse such as stick and ball handling as well as positional responsibility.

#### **About The Outing Club (NLOC):**

**The Outing Club** provides year round recreational, sports, educational and social activities to residents and visitors of all ages throughout the Kearsarge community at our Woodward Park and Knights Hill Park facilities, and the leased gym at the Outing Club Indoor Center (former KRMS, New London). Begun in 1947, the **NLOC** is a private, non-profit, 501 (c)(3) charitable, mostly volunteer organization supported and financed solely by membership, program fees, donations and fundraising activities.

### **Camp Includes:**

- \* Refillable water
- \* A coach present every day one hour before & after camp for early drop off/late pickup
- \* Every player receives a free t-shirt and other daily gifts.
- \* Every camp will have a full-time certified athletic trainer present all day with a medical kit and ice.

### **Age and Skill Grouping:**

Players grade 2-12 will be placed together first by age and then by ability in groups of a 12:1 player to coach ratio to allow the maximum learning environment for each player.

### **Techniques Taught:**

**Offense/Attacking** (Turning, changing direction, clamping, pick & roll)  
**Ball Handling** (Cradling & Scooping)    **Catching & Throwing** (Both Hands)  
**Shooting** (Side Arm, Sub Shot)    **Passing** (Give & Go, Quick Sticking)

**Goalie** Lead by our licensed Goalie Director, this program will emphasize the technical skills of the position as well as tactical development, eg cutting off angles and positional play.

### **Camp Sessions:**

All sessions will be held Monday through Friday, July 20 to July 24 at Woodward Park, Parkside Road, New London.

Full Day Campers: 9:00am - 3:00pm    ... Please bring lunch  
Half Day Campers: 9:00am - 12:30pm    ... Please bring snack

Players must bring all required lax equipment and water bottle each day.



### Daily Schedule (full day camp):

8:00am - 9:00am	Check-In (Staff member present for early drop-offs)
9:00am - 9:30am	Camp Begins (Greeting/Attendance; Group Warm-Up)
9:30am - 11:00am	Individual Technical Skills and Agility Ladder work
11:00am - 12:30pm	Small Sided Team Tournaments (4v4 / 5v5)
12:30pm - 1:30pm	Lunch - Must Bring Own (half day campers depart)
1:30pm - 3:00pm	World Domination Tournament and Team Tactical Session (8v8 / 11v11)

### Registration and Fees:

Session	OC Member	Nonmember
Full Day Campers:	\$150.00	\$175.00
Half Day Campers:	\$125.00	\$150.00

Early Bird Special: Register with full payment at least 30 days prior to the start and receive a \$10.00 discount for full day or \$5.00 for half day camps. Sibling Discount: \$10.00 discount for a full day or \$5.00 discount for a half day camp.

All registration is online directly with ITN, please go to

[www.inthenetsportsacademy.com](http://www.inthenetsportsacademy.com)

A completed medical information form/release is required before any camper can participate in the camp. This form is available on the website, or at Monday morning check-in.

### About The Coaches:

**In The Net Lacrosse Academy** is directed by **Kyle Devitte**, current Head Men's Lacrosse Coach at Daniel Webster College, with former coaching positions at Emerson College, St. Anselm College, Franklin Pierce College and Plymouth State University. He is also head coach of Massachusetts U17 Lacrosse and former Director of Fill Tilt Lacrosse Clinic. He is a Clark University graduate and former lacrosse 2x leading scorer and Top 10 All-time ground ball leaders.

His coaching staff have played and/or coached at the collegiate game level, and will apply proven development techniques as well as incorporate innovative ways of training and coaching players in a safe, educational and fun environment.



and



**In The Net**  
**Sports Academy**

By Patrick Mulcahy



# SUMMER LACROSSE CAMP

for

boys and girls grades 2 - 12

*ALL POSITIONS, INCLUDING GOALIE*

**July 20-24, 2009**

**The Outing Club's  
Woodward Park Facility**

[www.theoutingclub.net](http://www.theoutingclub.net)

New London Outing Club

PO Box 1856

New London, New Hampshire 03257

A 501(c)(3) tax exempt, charitable organization