



2016 RICHMOND LACROSSE SPIDER 100

JULY 22nd - 24th, 2016

ABOUT THE CAMP

The Spider 100 Lacrosse Camp is geared towards top tier high school players that have aspirations to play at the next level. Whether you have aspirations to play Division 1, 2, or 3 the Spider 100 will help you reach your goals. As believers of executing the core fundamentals of the sport 100% of the time, another principle of the event will be high-level Division 1 instruction and application of those fundamentals taught by top tier college coaches. This setup will provide a fantastic learning environment for each student-athlete. Participants will obtain maximum exposure by containing the event to only two side-by-side turf fields. The camp will feature an All-Star game at the end of the second day. Sign up now and take your game to the next level.

THE SCHEDULE

FRIDAY, JULY 22nd - SUNDAY, JULY 24th (SCHEDULE IS SUBJECT TO CHANGE)

DAY 1 (JULY 22nd)

12:00 PM Check in
1:30 PM Check in ends
2:00 PM Instructional Segment
4:00 PM First Session over
4:30 PM Dinner
5:30 PM Instructional Segment
8:15 PM Done for the day

DAY 2 (JULY 23rd)

8:00 AM Breakfast
9:00 AM Team Practice
9:30 AM Game 1
11:30 AM Done
12:00 PM Lunch
1:00 PM Game 2
4:30 PM Dinner
5:30 PM Game 3
8:00 PM All Star Game

DAY 3 (JULY 24th)

8:00 AM Breakfast
9:00 AM Game 4
11:00 AM Game 5
1:00 PM End of Camp

Each camper will received a detailed itinerary one week prior to the event. We have built in time for you to explore campus, the surrounding community, eat meals, etc.

CAMP DETAILS

- **DATE:** Friday, July 22nd, 2016 to Sunday, July 24th, 2016
- **AGE GROUP:** This camp is open to any and all Rising Seniors (2017's), Rising Juniors (2018's), Rising Sophomores (2019's) and Rising Freshmen (2020's)
- **Team Breakdown:** Four 2017/2018 Teams, Four 2019/2020 Teams
- **LOCATION:** University of Richmond - Robins Stadium
- **COST:** \$475.00
- **VIDEO:** All games will be filmed and sent to campers via a downloadable link. The cost is included in the registration fee.
- **LODGING:** Campers will be staying overnight in on campus University of Richmond dorms
- **MEALS:** Campers will eat all meals in Heilman Dining Center. They will be provided with dinner on the first day. Breakfast, lunch and dinner Saturday and breakfast Sunday before the last session. Pizza will be available to order after the conclusion of each night session.
- **HOTELS:** For hotel information Please visit <http://www.richmond.edu/visit/accommodations.html>

WHAT TO BRING

- All Proper Equipment (Helmet, Gloves, Shoulder Pads, Arm Pads, Mouth-piece)
- Stick(s)
- Cleats (Molded)
- Sneakers
- Linens & Towels

REGISTRATION

- Registration can be completed online at: <https://app.certain.com/profile/web/index.cfm?PKWebId=0x815576ae96>
- There are a limited number of spots available so do not delay in registering.
- Please direct any questions to richmondlaxcamps@richmond.edu.



University of Richmond Men's Lacrosse Camps are open to any and all entrants limited by only age, grade level, and/or gender.