

**2007 Summer Camp / League Listing**

<b>Summer Leagues - Don't have time for summer camp ... Get a season worth of games ... With none of the practices !!!</b>					
<b>League Name</b>	<b>Location</b>	<b>Type</b>	<b>Dates</b>	<b>Cost</b>	<b>Contact / Website</b>
Triple Edge Lacrosse	Old Redskins Park	Summer League	TBA	TBA	<a href="http://www.tripleedgelax.com">www.tripleedgelax.com</a>
Metro Elite Lacrosse League 2007 (JR & SO)	Langley Fork Park	Summer League	July 2-19	\$165	<a href="http://www.madlax.com">www.madlax.com</a>
<b>All-Star Teams *Tryouts Required - Interest in playing lacrosse in college ... Then trying out for an all-star teams is a must !!!</b>					
<b>Camp Name</b>	<b>Location</b>	<b>Type</b>	<b>Dates</b>	<b>Cost</b>	<b>Contact / Website</b>
Team Advantage NoVa (A Team & B Team)	Local DC Area *Travel	All-Star Team	TBA	TBA	<a href="http://www.advantagelacrosse.com">www.advantagelacrosse.com</a>
Team MADLAX All-Stars SR's & JR's	McLean, VA *Travel	All-Star Team	June 4-9	\$40	<a href="http://www.madlax.com">www.madlax.com</a>
Nova West Lacrosse	Local DC Area *Travel	All-Star Team	May 26-27	TBA	<a href="http://www.novawestlax.com">www.novawestlax.com</a>
<b>Recruiting Camps *See note below</b>					
<b>Camp Name</b>	<b>Location</b>	<b>Type</b>	<b>Dates</b>	<b>Cost</b>	<b>Contact / Website</b>
Top 205 (by invitation only) (JR)	College Park, MD	Boarding Camp	TBA	TBA	
Blue Chip (by invitation only) (JR)	Fairfield, CT	Boarding Camp	7/2-7/5	\$625	<a href="http://www.bluechiplax.com">www.bluechiplax.com</a>
Champ Camp (by invitation only) (JR)	Baltimore, MD	Boarding Camp	7/26-7/29	\$575	<a href="http://www.champcamp.com">www.champcamp.com</a>
Peak 200 Lacrosse Camp (JR & SO)	Springfield, MA	Boarding Camp	7/8-7/11	\$475	<a href="http://www.umasslaxcamp.com">www.umasslaxcamp.com</a>
New England Top 150 (JR & SO)	Portsmouth, RI	Boarding Camp	7/7-10 & 7/10-13	\$580	<a href="http://www.newenglandtop150lacrosseecamp.com/top150.htm">www.newenglandtop150lacrosseecamp.com/top150.htm</a>
Top Star (JR & SO)	Gettysburg, PA	Boarding Camp	6/23-6/27	\$600	<a href="http://www.topstarlacrosse.com">www.topstarlacrosse.com</a>
Dixie Top 150 (FR & SO)	Salisbury, NC	Boarding Camp	6/29-7/2	\$530	<a href="http://www.dixietop150.com">www.dixietop150.com</a>
Elite 150 Lacrosse Camp - Session (FR & SO)	Emmitsburg, MD	Boarding Camp	7/15-7/18	\$475	<a href="http://www.theelite150.com">www.theelite150.com</a>
<b>*If you are interested in attending one of these camps please contact your Coach first.</b>					
<b>Local Day Camps - Don't have the time to go away to boarding camp ... These local camps are right in your backyard !!!</b>					
<b>Camp Name</b>	<b>Location</b>	<b>Type</b>	<b>Dates</b>	<b>Cost</b>	<b>Contact / Website</b>
Matt Ward Specialty Lacrosse Clinic (FR & SO)	McLean, VA	Evening Camp 5:30-8:30	6/19-6/20	\$180	<a href="http://www.madlax.com">www.madlax.com</a>
Gladings Specialty Lacrosse Camp (FR & SO)	McLean, VA	Evening Camp 5:30-8:30	7/31-8/1	\$180	<a href="http://www.madlax.com">www.madlax.com</a>
Attack vs. Defense Specialty Camp (FR & SO)	McLean, VA	Morning Camp 9-12	7/10-7/12	\$195	<a href="http://www.madlax.com">www.madlax.com</a>
The Jesse Hubbard Experience (FR)	George Mason	Day Camp 9-8:30pm	6/24-6/28	\$495	<a href="http://www.hubbardexperience.com/main.htm">www.hubbardexperience.com/main.htm</a>
All-Met Lacrosse Camp (FR)	Georgetown Prep	Day Camp 9-3pm	7/9-13 & 7/16-20	\$300	<a href="http://www.gprep.org/home/content.asp?id=393">www.gprep.org/home/content.asp?id=393</a>
Triple Edge Lacrosse Summer Camps (FR & SO)	TBD	TBD	TBD	TBD	<a href="http://www.tripleedgelax.com">www.tripleedgelax.com</a>
The John Driscoll Memorial Lacrosse Camp (FR)	Fairfax, Va	Day Camp 9-3pm	7/1-7/3	\$225	<a href="http://www.id32laxcamp.com">www.id32laxcamp.com</a>
The Capitol Lacrosse Camp featuring Matt Ward	Washington, DC	Day Camp 9-9pm	7/29-8/1	\$375	<a href="http://www.cuacardinals.com/sports/mlax/2006-07/news/11907_camp">www.cuacardinals.com/sports/mlax/2006-07/news/11907_camp</a>
Northern Virginia Lacrosse Camp (FR)	Reston, Va	Day Camp 9-3pm	6/25-6/29	\$250	<a href="http://www.northernvirginalacrosseecamp.com">www.northernvirginalacrosseecamp.com</a>
Be The Best Lax Camp Session (FR)	Multiple Locations	Evening Camp	Multiple Dates	\$225	<a href="http://www.bethebestlaxcamp.com">www.bethebestlaxcamp.com</a>
<b>Local Boarding Camps - Considering attending one of these colleges ... What better way to see the campus and experience dorm life !!!</b>					
<b>Camp Name</b>	<b>Location</b>	<b>Type</b>	<b>Dates</b>	<b>Cost</b>	<b>Contact / Website</b>
UVA Lax Camp	Charlottesville, VA	Boarding Camp	6/16-6/19	\$560	<a href="http://www.starsialax.com">www.starsialax.com</a>
Dave Urick's Georgetown Camp	Washington, DC	Day Camp 9-3pm	6/19-6/22	\$285	<a href="http://quhoyas.cstv.com/camps/gu-m-lacros-camp.html">http://quhoyas.cstv.com/camps/gu-m-lacros-camp.html</a>
Bucknell Camp	Lewisburg, PA	Boarding Camp	6/22-6/25	\$475	<a href="http://bucknellbison.cstv.com/camps/buck-camps.html">http://bucknellbison.cstv.com/camps/buck-camps.html</a>
Dave Cottle's UMD Camp	College Park, MD	Boarding Camp	6/23-6/26	\$500	<a href="http://umterps.cstv.com/sports/m-lacros/spec-rel/020306aab.html">umterps.cstv.com/sports/m-lacros/spec-rel/020306aab.html</a>
VMI Instructional Camp	Lexington, VA	Boarding Camp	6/27-6/30	\$450	<a href="http://laxlacrosse.com/june2007camps/instructionalcamp.html">www.shirklacrosse.com/june2007camps/instructionalcamp.html</a>
Roanoke Lacrosse Camp	Salem, VA	Boarding Camp	6/30-7/4	\$465	<a href="http://laxcamps.org/roanokelaxcamp.html">http://laxcamps.org/roanokelaxcamp.html</a>
John Hopkins Camp	Baltimore, MD	Boarding Camp	7/8-11 & 7/22-25	\$490	<a href="http://hopkinssports.cstv.com/sports/m-lacros/spec-rel/camp.html">http://hopkinssports.cstv.com/sports/m-lacros/spec-rel/camp.html</a>
Rising All - American Lacrosse Camp	Hampden-Sydney, VA	Boarding Camp	7/8-7/12	\$430	<a href="http://www.hsc.edu/athletics/lacrosse/camps/rising.htm">www.hsc.edu/athletics/lacrosse/camps/rising.htm</a>
Loyola Camp	Baltimore, MD	Boarding Camp	7/14-7/17	\$450	<a href="http://loyolagreyhounds.cstv.com/camps/locl-camps.html">http://loyolagreyhounds.cstv.com/camps/locl-camps.html</a>
Lehigh Camp	Bethlehem, PA	Boarding Camp	7/15-7/17	\$425	<a href="http://www.lehighsports.com/sports/mlacrosse/camps.asp">www.lehighsports.com/sports/mlacrosse/camps.asp</a>
Navy Position Camp	Annapolis, MD	Boarding Camp	7/20-24 & 7/26-30	\$550	<a href="http://navysports.cstv.com/camps/navy-camps.html">http://navysports.cstv.com/camps/navy-camps.html</a>
All World Lacrosse Camp	Salisbury, MD	Boarding Camp	7/21-7/24	\$425	<a href="http://www.allworldlacrosseecamp.com">www.allworldlacrosseecamp.com</a>
Shooting Performance School	Hampden-Sydney, VA	Boarding Camp	7/22-7/25	\$390	<a href="http://www.hsc.edu/athletics/lacrosse/camps/perfschool.htm">www.hsc.edu/athletics/lacrosse/camps/perfschool.htm</a>
PSU Camp	State College, PA	Boarding Camp	7/25-7/28	\$425	<a href="http://www.outreach.psu.edu/programs/psusportcamps/BoysLacrosse">www.outreach.psu.edu/programs/psusportcamps/BoysLacrosse</a>
One-On-One Lacrosse School	Gettysburg, PA	Boarding Camp	7/28-8/1	\$410	<a href="http://www.hsc.edu/athletics/lacrosse/camps/oneonone.htm">www.hsc.edu/athletics/lacrosse/camps/oneonone.htm</a>

**Position Camps - Looking for great 1 on 1 attention specific to your position ... Can't miss with these !!!**

Camp Name	Location	Type	Dates	Cost	Contact / Website
A/D - Trilogy Lacrosse - A/D Specialty Camp (FR)	Baltimore, MD	Boarding Camp	7/22-7/26	\$650	<a href="http://www.trilogylacrosse.com/camps_clinics/boys.shtml">www.trilogylacrosse.com/camps_clinics/boys.shtml</a>
D - Attack/Defense Challenge for Boys	Chestertown, MD	Boarding Camp	6/20-6/23	\$500	<a href="http://www.usalacrosse.com/camps">www.usalacrosse.com/camps</a>
D - College Challenge Defensive Camp	Roanoke College, VA	Boarding Camp	6/23-6/26	\$465	<a href="http://laxcamps.org/defensechallengecamp.html">http://laxcamps.org/defensechallengecamp.html</a>
D - W&L Defensemen Only Camp	Lexington, VA	Boarding Camp	7/26-7/29	\$400	<a href="http://www.allaboutlax.com/">www.allaboutlax.com/</a>
FOGO - Fall Face-Off Series	Owings Mills, MD	Day Camp	Mult Dates	\$150	<a href="http://www.oldschoollacrosse.com">www.oldschoollacrosse.com</a>
G - Bill Pilat's The Goalie School - Session 1	Roanoke College, VA	Boarding Camp	7/7-7/11	\$675	<a href="http://laxcamps.org/thegoalieschool.html">http://laxcamps.org/thegoalieschool.html</a>
G - Bill Pilat's The Goalie School - Session 2	Roanoke College, VA	Boarding Camp	7/28-8/1	\$675	<a href="http://laxcamps.org/thegoalieschool.html">http://laxcamps.org/thegoalieschool.html</a>
G - Charlie Toomey's Point Blank Goalkeeping	Chestertown, MD	Boarding Camp	6/21-6/24	\$550	<a href="http://www.usalacrosse.com/camps">www.usalacrosse.com/camps</a>
G - Penn State Goalie/Instructional Camp	State College, PA	Boarding Camp	7/24-7/28	\$520	<a href="http://www.outreach.psu.edu/programs/psusportcamps">www.outreach.psu.edu/programs/psusportcamps</a>
G - Weston Lacrosse - Clinics & Camps	TBD	TBD	TBD	TBD	<a href="http://members.aol.com/westonlax">http://members.aol.com/westonlax</a>
M - Trilogy Lacrosse - M Specialty Camp (FR)	Baltimore, MD	Boarding Camp	7/8-7/12	\$650	<a href="http://www.trilogylacrosse.com/camps_clinics/boys.shtml">www.trilogylacrosse.com/camps_clinics/boys.shtml</a>

CAMP LISTING WEBSITES
<a href="http://www.uslaxcamps.com">www.uslaxcamps.com</a>
<a href="http://www.laxpower.com">www.laxpower.com</a>
<a href="http://www.laxlinks.com">www.laxlinks.com</a>

**What can I do to become a better lacrosse player ?**

**Have you signed up for camp yet ?**

The best way to improve in the off-season is always go to camp. Playing in leagues and participating in clinics is certainly positive, but the best place to get the intensive high-level instruction from the top college players and pros is in the camp setting. During the course of the season the coach must stay focused on keeping the team on track. He probably won't have much time to work with players individually - certainly not as much as he might like. We recommend that players set aside a week or two each summer for camps. You'll be amazed at the results.

Many lacrosse players would rather attend a camp with their friends or school teammates. Unfortunately, many times, the registration is closed before you, or your friends, find out which is the camp of choice. If you are thinking about attending a camp, we recommend you get together with your friends and apply ASAP !

**Off-Season Plan**

**Have you signed up for camp yet ?**

Summer	Fall	Winter Sports
Summer Lax Camps	Fall Sports	Winter Sports
Summer All-Star Teams	Fall Leagues	Winter Team Workouts
( <i>Advantage, MadLax, &amp; Nova West</i> )	( <i>Potomac &amp; TripleEdge</i> )	( <i>Weight Training &amp; Timed Runs</i> )
Summer Leagues	Fall Tournaments	Winter League
( <i>Triple Edge &amp; MadLax MELL</i> )	( <i>G&amp;G, TSO, St. Paul's, &amp; Elite 150</i> )	( <i>Triple Edge &amp; Dulles</i> )