

Edmonton Rush/Vimy Lacrosse Spring Break Camp

The Edmonton Rush Spring Break Camp starts just under two weeks and we are excited as we get everything ready for the two day event. Make sure you check all your equipment so that you have everything you need. Make sure the runners are in the bag, the helmet screws are all tightened, the lacrosse side walls are tied and the water bottle is ready to go. It will be two very busy days so bring some snacks and a good lunch. We will have lots of prizes and giveaways for the camp and we are looking forward to working with each of you.

Jimmy Quinlan will be the Camp Director and with his Rush team mates will be leading each floor. We hope to rotate lead instructors so all the campers get to work with all the Rush players. This will be a great opportunity for the campers to learn from some of the best box lacrosse players in the world.

Check In

Please check in on March 26th between 8:00 AM and 8:45 AM at the South Side Edmonton Soccer Centre (6520 Roper Road, Edmonton, Alberta). Players will need to be ready to hit the floor at 9:00 AM. The camp will running from 9:00 AM to 4:00 PM on both days. There will be a 45 minute lunch break on both days and several water breaks during the days. On Day 2 players can arrive at 8:30 AM to get ready for the floor time. The soccer centre will be open for parents to come and watch their children during the camp. Parents will be able to pick their child up at 4:00 PM on both days.

What to Bring

All athletes are required to bring their own equipment which should include Helmet, Stick, Shoulder Pads, Kidney Guards, Gloves, Slash Guards, Mouth Guard, and indoor lacrosse runners. **Box goalies need to provide their own gear including their own practice jersey.** Instead of pinnies goalies will receive a Vimy Lacrosse gift.

There will be water available at the soccer centre. Campers are encouraged to bring their own water bottle and fill up at the soccer centre. All athletes should bring their own packed lunch, which will be kept in the dressing rooms. It is highly recommended that you pack your lunch in a thermos type lunch bag to keep your lunch cool. Dressing rooms will NOT be locked to allow players to get water and snacks throughout the day. **Please leave all valuables at home.**

It will be a good idea to bring an extra change of clothes. Sweat and spills can make for a long day. Sometimes it makes life easier to change shirts/shorts during our lunch break. An extra pair of socks is especially helpful.

If there are any questions on the camp details please call me at the number below.

**WE LOOK FORWARD TO SEEING YOU AT THE EDMONTON RUSH/VIMY LACROSSE SPRING
BREAK CAMP**

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