



MARCH BREAK LACROSSE CAMP MARCH '12 -'13 -'14

DÔME @ LOUIS-RIEL

1659 Bearbrook Road | Ottawa, ON K1B 1C4

Capital Lacrosse Academy is bringing a 3-day March break box lacrosse camp to all Ottawa-area players. Players will receive three 2-hour sessions with Head Coach Callum Crawford of the Minnesota Swarm (NLL). Throughout each 2-hour session, each player will receive coaching on shooting, dodging, pick + roll, offensive sets, defensive positioning, and so much more. Capital Lax Academy takes a professional approach to its teaching methods, maximizing lacrosse development alongside non-stop fun for all.

CAMP SCHEDULE

Novice + Pewee:	9am-11am
Bantam + Midget:	11am-1pm
JR:	1pm-3pm

PRICING

Capital Lacrosse Academy offers two Packages:

- 1. Camp Package:** Camp only — \$200 + hst
- 2. Combat Package:** Camp fee + Combat Lacrosse Shaft + T shirt + Shorts — \$350 +hst

Special team promotion: Academy coaches will run three practices during the season for any competitive team that signs up at least 10 players for the March Break Camp.

Limited spots available — Reserve your spot now
Email: capitallacrosseacademy@gmail.com