

CAPE COD LACROSSE SUMMER 2014 OFFERINGS



Registrations are now open for our 2014 programs. Some of our programs fill up and we have to turn people away, don't let this happen to you. Sign up early to guarantee your spot!! Learn all about us, our great coaches and what we have to offer you for the summer of 2014 at www.capecodlax.com.

Recreational Leagues

*****All leagues run from the week of June 30 through the week of August 11*****

Boy's Grade 4-6 - Tuesdays 4:30-6:00pm (Cape Cod Community College)

Boy's Grades 7-9 - Mondays 4:30-6:00pm - 3 separate locations - (CCCC, Falmouth & Mattapoisett)

Boy's Grade 10-12 - Mondays 6:00-7:30pm - 3 separate locations - (CCCC, Falmouth & Mattapoisett)

31st Annual Men's League - Tues. & Thurs. 6:00-7:30pm (Cape Cod Community College)

Girl's Grade 5-8 - Wednesdays 4:30-6:00pm @ Heritage Park - Mashpee

Girl's Grade 9-12 - Wednesdays 6:00-7:30pm @ Heritage Park - Mashpee

Women's Collegiate/Adult League - Mondays 6:00-7:30pm @ Heritage Park - Mashpee

*****Grades refer to grade entering next fall for the 2014-15 school year*****



Camps & Clinics

For 18 years the CCLS has been specializing in the growth & development of young lacrosse players.

Cape Cod Lacrosse provides the best instructional programs and overall experience offered in the area.

CROSS-OVER Camp (Hockey & Box Lacrosse), Hyannis Youth & Community Center - Boys Only - July 7-10

Cape Cod Lacrosse and Top-Shelf Hockey have merged for a unique camp experience.

*2 hours of lacrosse instruction daily inside a true **box lacrosse** arena!!!!*

CCLax Goalie & Face-Off Academy – Mass. Maritime - Buzzards Bay – Boys Only - June 10 & 12

Beginner Stick Camps – Boys & Girls – 5 locations Plymouth, W. Barnstable, Falmouth, Dennis & Orleans

18th Annual Cape Cod Lacrosse School

The Jungleplex – Plymouth – Boys Only – July 7-11

Cape Cod Community College - W. Barnstable - Boys & Girls - July 14-17

Trotting Park Fields - Falmouth - Boys & Girls - July 21-25

Cape Cod Community College - W. Barnstable - Boys & Girls - August 4-7

2014 Summer Shooting Sessions

Small group lessons concentrating on fundamental & advanced aspects of shooting. Proper technique & heavy repetition are sure to add power, accuracy & effectiveness to your shooting. We use over 100 balls at each session to maximize the reps of each individual.

This is our best program for any player looking to take their game to the next level, regardless of position.

Boy's – Falmouth or West Barnstable – Multiple sessions available all summer

Girl's - Mondays - July 7, 14, 21, 28 - Heritage Park, Mashpee - 4:30-6:00pm

Follow any of the blue or pink hyperlinks on this page to go to www.capecodlax.com for complete details on all of CCLax's summer programs. We have something for everyone!!!