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**LACROSSE  
CAMP  
2023  
BOYS  
Grades 2 – 7**

**DIRECTOR:**

**Mike Pounds**

**Head Boys Lacrosse Coach**

**Ridgewood High School**

**[www.maroonslacrosse.com](http://www.maroonslacrosse.com)**



# **MAROONS LACROSSE CAMP**

**2023**

**GRADES 2-7**

This summer the **Maroons Lacrosse Camp** offers an exciting opportunity aimed at reaching different ages and abilities. The **MAROONS LACROSSE ALL-STAR DEVELOPMENT TEAM (7/10-7/13, AM)** for current 2<sup>nd</sup> and 7th grade boys will have a total of **4** combined practice and game sessions. Emphasis will be on training individual skills, which will benefit every position on a lacrosse field as well as development of team play. Because age and ability will group players, this camp will appeal to beginners through travel team level.

## **CAMP DIRECTOR: Mike Pounds**

21st year head lacrosse coach at Ridgewood High School will direct the Maroons Lacrosse Camps. Coach Pounds brings over 30 years of coaching experience to Ridgewood from noted college programs such as University of Virginia, University of Pennsylvania, and the State University of New York at Cortland. He was named the 2015, 2017 and 2019 Bergen County, 2013 and 2014 Group III, 2008 Gibbs Division, and 2003 and 2017 North Jersey Boy's Lacrosse "Coach of the Year".

## **COACHES: Ridgewood High School Boys Lacrosse Staff**

Rich Brooks – Head Junior Varsity Coach

Jon Fritog – Assistant Varsity Coach

Dan Hurley – Head Freshman Coach

## **ASSISTANT COACHES: Ridgewood High School Alumni**

Recent college graduates, current collegiate players, as well as current high school senior captains and varsity starters will assist these coaches.

# **MAROONS LACROSSE**

## **ALL-STAR DEVELOPMENT TEAM**

### ***Grades 2-7***

The **Maroons Lacrosse All-Star Development Team** experience will provide emphasis on player development. However, the primary focus will be on team development. There will be practice sessions and competitive game play. Each camper will have a total of **4** combined practice and game sessions.

Upon receipt of an application, and fee(s), an **email** will be sent confirming practice/game rosters, times and locations (Ridgewood Fields). **Sessions** will be held from 9 AM-12 PM during the following dates:

- **July 10-13**

**FEES:** The cost is \$225. Campers will receive a team jersey.

#### ***All-Star Development Team Schedule***

15 min.	Group Warm-up
2 hours	Practice Session
45 min.	Game Play
	Dismissal

# **MAROONS ALL-STAR TEAM**

## **2023**

Dear Ridgewood Boys Lacrosse Players and Parents:

The Objective of Maroons Lacrosse Camp is for the RHS Boys Lacrosse Coaching Staff as well as our distinguished lacrosse alumni and our current high school varsity starters to provide quality opportunities in the fall, winter and summer for our youth boys to practice and play in competitive game situations together in one program learning lacrosse our way – “The Ridgewood Way.”

Ridgewood High School Boys Lacrosse is one of the most competitive and respected programs in the state and region. This is attributed to our outstanding coaching staff and most importantly the elite level of talent and leadership of our players. Our program has consistently experienced a high level of success over the last 20 years. We are committed to a team model of year-round training and playing a highly competitive regular season and playoff schedule as well as participating in the most challenging summer and fall team recruiting showcases in the country. Upon graduation from high school our players are going on to attend outstanding colleges and universities. With our guidance and support, many of these graduates are also making significant contributions on the collegiate lacrosse field.

The emphasis of the Maroons Lacrosse All Star Team Program is to provide a similar type of experience for our youth boys that we provide for our high school boys. While elite players in other towns disband and play on separate teams, our players get an edge on their competition both individually and collectively by staying together as a Ridgewood All Star Team. We believe that this program will help significantly in preparing our youth boys to develop to their fullest potential as a player, teammate and leader in high school and beyond.

We look forward to working with you in the year ahead.

Always in Lacrosse,  
Mike Pounds  
Ridgewood High School  
Head Boys Varsity Lacrosse Coach  
[pounds29@aol.com](mailto:pounds29@aol.com)  
(201) 670-2800, ext. 20654

## EQUIPMENT AND WRITTEN CONFIRMATION

Campers must provide their own equipment to include sticks, helmets, gloves, armpads, shoulder pads, mouthpieces, etc. Upon receipt of your application and fee, you will receive written confirmation of your acceptance, as well as a list of what to bring and where to register.

### MAROONS LACROSSE CAMP 2023

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Grade: \_\_\_\_\_ Age on 1/1/23: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Phone:(\_\_\_\_\_)\_\_\_\_\_ **Email:** \_\_\_\_\_

US Lacrosse Membership ID#: \_\_\_\_\_ Position: \_\_\_\_\_

Participant must be a US Lacrosse member for insurance purposes (2023 RLA members are covered). Go to [www.uslacrosse.org](http://www.uslacrosse.org) to register.

#### PLEASE CHECK YOUR CHOICE:

\_\_\_\_\_ Maroons Lacrosse All-Star Development Team (\$225)

Make checks payable (for all camps) to, **MAROONS LACROSSE CAMP.**

I certify that my child is in good health and can participate in all of the activities of the camp.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Fill out and mail with check to:

Maroons Lacrosse Camp  
244 Olivia St.  
Ridgewood, NJ 07450  
Phone: (201) 670-2800, ext. 20654

#### OFFICIAL USE ONLY

Application received \_\_\_\_\_ Date: \_\_\_\_\_

Payment received \_\_\_\_\_ Date: \_\_\_\_\_