

Women's Field

Soar Camp (Grades 7-12)

2021



WHAT? North Strong Lacrosse's targeted program for middle and high-school-aged athletes who are looking to gain more experience and the opportunity to take their skills and game knowledge to the next level! Participants will grow their knowledge and skills in game tactics, rule interpretation, and strategy. This program is designed to help each student-athlete soar to new heights of skill and performance.



WHY? Gains in training happen when athletes are grouped by skill level, commitment, and age. Providing a supportive environment where women's field lacrosse players can make mistakes, grow their skills, and learn together allows for focused coaching and opportunities for skill development.



WHO? Middle and high-school-aged athletes, Grades 7-12, who are looking to gain more experience and the opportunity to take their skills and game knowledge to the next level!



WHEN? Tuesday and Thursday evenings from 7:00 PM to 8:30 beginning on June 12, 2021, and ending on August 12, 2021. This program provides 27 hours of total training delivered by our expert coaches.



WHERE? North Strong's Soar Camp is based at fields in Sherwood Park and/or south Edmonton.

To register for North Strong's Soar Camp, please go to: <https://north-strong-lacrosse.sportngin.com/register/form/896488013>