



SPIRE Lacrosse Camp – “Fast Pace” Camp

Time	Activity
	<i>Day 1</i>
8:30am-9am	<i>Check-in: Lobby Main Entrance to SPIRE Field & Courts building</i>
9am-12am	<i>Session 1-Skills/Drills</i>
12-1pm	<i>Lunch in SPIRE Fuel cafe</i>
1pm-4pm	<i>Session 2- Skills/Drills/Games</i>
4pm	<i>Check-Out: Lobby Main Entrance</i>

Schedule for both HS & MS camps