

PROGRAM ON THE RISE

TEAM TEACHING AND COMPETITION LACROSSE CAMP

2007 LOCATIONS

PROVIDENCE, RI

BUFFALO, NY

PORTLAND, OR

PROVIDENCE COLLEGE

BUFFALO LAX ACAD

CEDAR PARK SCHOOL

NEW JERSEY

BERGEN CATHOLIC HS



College coaches meet with team coaches in classroom setting to discuss concepts on the board..



Team coaches take advantage of the stadium seated classroom at Providence College. The use of video as well as the guest speaker lecture series are conducted in this environment as well.



The term "interactive clinic" refers to the "on field" explanation of the concepts that are being introduced in the classroom.

High School campers discuss things they learned during the session at the post session wrap-up. The ultimate advantage of the Program on the Rise Lacrosse Camp is that the team is learning the concepts together and thus will have maximum opportunity for retention in spring practices.

NEW

MINI CAMP

The Program on the Rise **Mini Camp** is a one day event that brings the camp to your school. High School Coaches will choose the areas of the game that they would like to work on in a single day, two session clinic.



FRIAR LACROSSE CAMPS

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INTRODUCTION

There has been a steady rise in the number of team camps in the sport of lacrosse over the past five years. However, the focus of these camps has been completely on competition. There is a need for a team camp in the sport of lacrosse that offers the opportunity for teaching and development of the High School program as a whole. **Program on the Rise Lacrosse Camp** seeks to provide an experience led by college coaches in an interactive setting where high school coaches and players learn the skills and concepts driving today's game with the end result of creating a competitive edge for next spring's squad. The benefit to both player and coach will be felt from pre-season to state championship.

MISSION

The mission of the **Program on the Rise Lacrosse Camp** is to combine the advantages of a teaching camp with the competition and camaraderie of a team camp, as well as offering the opportunity to educate coaches in an interactive clinic that combines black-board teaching segments with live instruction resulting in the development of the complete program where players and coaches both benefit.

CAMP STRUCTURE

Teams must have a roster of no less than twenty players. Individuals and small groups of campers who wish to attend the camp will be placed on combined or independent teams.

Each high school team will be assigned a coaching staff consisting of college coaches and players. High school coaches will be assigned to a commissioner who will administer the interactive clinic aspect of the camp. The clinic will run concurrent with the camp discussing skills and concepts that will be executed by the campers.

Players will have the advantage of learning while participating with their teammates, which builds a strong foundation for next season. Teams will be developed at the same pace and with the same concepts throughout the camp. Individual and fundamental skill instruction will progress to advanced team concepts by the end of the camp. Players will compete for a camp championship at the end of the week.

Morning instructional sessions will develop concepts from the positional to the team level, preparing the campers to compete in afternoon and evening games. Additional positional instruction in goalie play, shooting, and face off play will lead to the most extensive camp teaching and playing experience offered in the sport of lacrosse.



FRIAR LACROSSE CAMPS

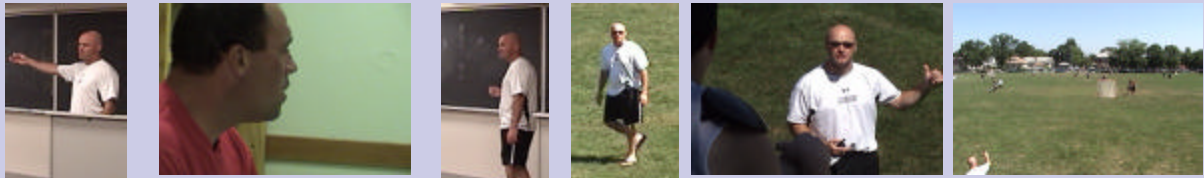
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GUEST SPEAKER SERIES



Guest speaker Jim Mascia, Assistant Coach at Providence College, lectures at the 2005 PRLC about face-off play. From left to right, proper face off stance, grip and techniques are covered with the help of Chip Casto.



Providence Head Coach Chris Burdick lectures in the interactive clinic to high school coaches (Joe Haemmerle of Bergen Catholic, NJ pictured) and then brings the lecture to campers. 10 man ride situations are covered from left to right in the interactive clinic, camper lecture, and actual on the field demonstration by camp staff.



Then Stoney Brook assistant coach and former Notre Dame goalie Pat Finn lectures on ready position in the Guest Speaker Series on Goalie Play. From left to right Coach Finn discusses getting hands away from the body & efficient movement to the shot.

Wesley Head Coach Christian Zwickert gives a talk on Team Offensive and Defensive Concepts as part of the Guest Speaker Series (Left) and joins Providence Head Coach Chris Burdick to give a combined talk on scouting opponents and building scouting reports (Right).

Lectures on program organization and pre-season implementation are included in the clinic talks.

Coach Zwickert and Field Director Chip Casto were heavily involved in the development of the interactive clinic as members of the 2004 Friar Elite Camp staff.

CONCEPTS AND DRILLS

Individual Concepts

Skill Development
Ground Ball Play
Defensive footwork
Defense Angles
Over passes
Shooting Development
Dodging
Off ball play

Team Concept

Ride and Clear
Transition Play
Team Offense
Zone Offense
Extra Man
Team Defense
Zone Defense
Man Down

Special Situations

Goalie Development
Face-off play
Wing Play
End of game situations
10 Man Rides
Quick Strike Offense (5sec left)
Man Down Clear

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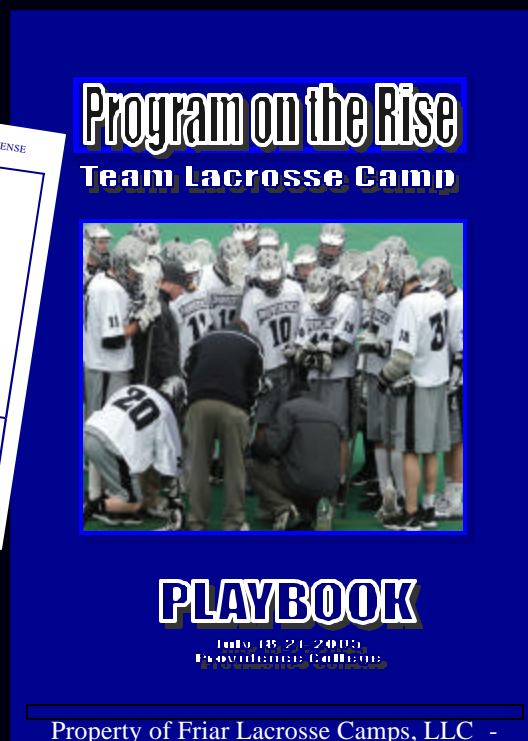
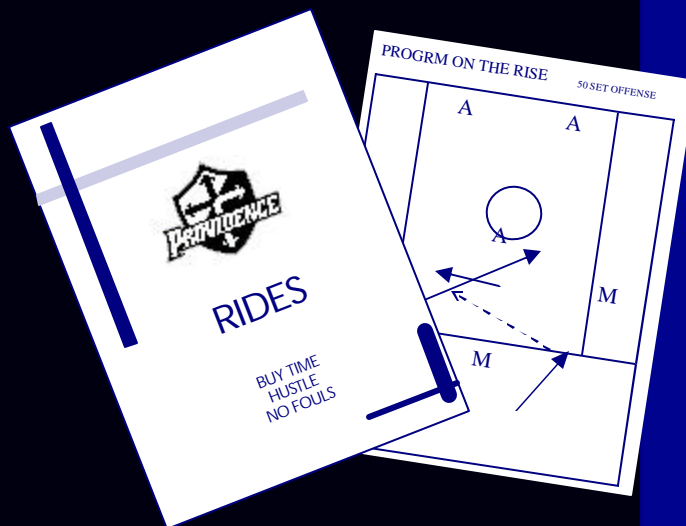
SAMPLE DAY*

8:30am	Campers Arrive
8:30am	Interactive Clinic - coaches meeting to discuss morning session
9:00am	session
11:00am	session ends
12:00pm	BREAK for Lunch
1:30pm	Interactive Clinic - coaches meeting to discuss afternoon session
2:00pm	afternoon instruction session
3:00pm	games
4:00pm	session ends
5:00pm	BREAK for Dinner
5:30pm	Interactive Clinic—Coaches meeting to discuss evening session
6:30pm	evening session (for sites with lights) and games

*Plan may differ slightly pending on each site

TECHNICAL RESOURCES

The Program on the Rise **CLINIC PLAYBOOK** will cover all concepts taught at the camp giving coaches a resource to use when coaching next spring. This 80 page playbook includes detailed strategy breakdown of all areas of the game.



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SCHEDULE

	DAY 1	DAY 2	DAY 3
MORNING		Invert offense and defense, Zone of-fense and defense	Transition Offense and Defense, Mini Transition Games
AFTERNOON	Team slides and off ball rotations	Extra Man and Man Down, 10 man rides League Games	Camp championship
EVENING	Rides & Clears League Games	League Games League Games	

TO REGISTER A TEAM

PROGRAM ON THE RISE will work directly with each participant answering any questions. High School Coaches will be updated via email on the registration of your players, allowing you to monitor who has signed up for the camp.

COACHES—Please send a team roster with contact information, INCLUDING EMAIL ADDRESSES, for participants to Chris Burdick at cburdick@providence.edu or call 401-865-2007.

REGISTER ONLINE or via mail at the **PRODUCTS PAGE** at www.friarlacrosseamps.com

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INTERACTIVE CLINIC

2004 ELITE CAMP INTERACTIVE COACH'S CLINIC FEEDBACK:

"Excellent Clinic! Incorporating your talks with the camp is a great idea. Being able to show drills and game situations through the camp was most beneficial."-**Phil Kenney, Cape Cod Academy**

"Great new practice ideas. The mini game format with its competition-based flexibility will be hugely important in improving our program"-**Andrew Gray, The Rectory School**



2005 PROGRAM ON THE RISE TEAM CAMP FEEDBACK:

"Thanks for everything on the trip. It was by far the most valuable time I've spent for me & my players, as a lacrosse coach. You and your staff were great. ...I needed to fully immerse myself into something like this. It gave me and my players a Division I experience (tempo, level of expectation, etc.) which we need in order to help our program get to the next level. ..."

"Your program seemed to provide an opportunity to synthesize ideas and better order my system. After going through the camp, I feel I have a much stronger understanding of the game... your coaching of my players reinforced concepts we were working to get them to buy into."

"Again, it was the most valuable thing we've ever done as a program. Interactive clinics were awesome. I enjoyed the ability to see concepts we discussed in clinic used on the field ...Coach's playbook...tremendous. Availability of staff, great! I really want to see if I can significantly increase my numbers for next year. This camp can be beneficial with regard to preparing a team for summer tournaments/champ camp or hotbeds."

-Joe Haemmerle, Head Coach Bergen Catholic (NJ) High School

