



GIRLS LACROSSE PROSPECT DAY CAMP II TENTATIVE SCHEDULE

Equipment: Lacrosse Stick(s)
Goggles and mouth guards are mandatory
Cleated shoes for grass
Shoes for artificial turf
Goalkeepers should bring all necessary gear (pads & helmet)
Rain gear recommended, depending on weather
Personal water bottle
No personal equipment will be shared during camp.

Monday, July 8, 2024

10:15 a.m. – 11:00 a.m.	Check-In, Panzer Stadium
11:00 a.m.	Meet the Penn State Coaches
11:30 a.m. – 1:30 p.m.	Session 1 – Skills & Small Sided Drills
1:30 p.m. – 2:15 p.m.	Lunch (included in camp fee)
2:15 p.m. – 2:45 p.m.	Campus Tour
2:45 p.m. – 5:00 p.m.	Session 2 – Small Sided Drills & Games
5:00 p.m.	Camp Ends, Depart, Panzer Stadium