



SPORT CAMPS

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GIRLS LACROSSE ELITE CLINIC 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.

Saturday, August 24, 2024

11:15 a.m. – 12:00 p.m.	Check-In, Panzer Stadium
12:00 p.m.	Meet the Penn State Coaches
12:30 p.m. – 1:30 p.m.	Session 1 – Skills & Small Sided Drills
1:30 p.m. – 3:00 p.m.	Session 2 – Small Sided Drills & Games
3:00 p.m.	Camp Ends, Depart, Panzer Stadium

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