



PENN STATE GIRLS LACROSSE WINTER CAMP TENTATIVE SCHEDULE

Equipment

Lacrosse Sticks

Goggles and mouth guards are mandatory

Shoes for artificial turf

Cleated shoes for grass

Goalkeepers should bring all necessary gear (pads & helmet)

Personal water bottle

Sunday, January 18, 2026

8:15 a.m. – 9:00 a.m.	Check-In, East Area Locker Room (EALR)
9:00 a.m.	Meet the Penn State Coaches
9:15 a.m. – 11:00 a.m.	Session 1- Skills, Holuba Hall
11:00 a.m. – 12:00 p.m.	Lunch Break (On your own)
12:00 p.m. – 2:00 p.m.	Session 2- Games, Holuba Hall
2:00 p.m.	Depart, Holuba Hall

Please bring a water bottle to refill during the clinic. Water will be provided.

NOTE: Parents, family members, and other guests may be permitted to view camp from a designated area depending on the facility.

Lunch: Participants will **not** be supervised during lunch break and should plan to leave facility during mealtime if possible.

Please Note: Pick-up location is **Holuba Hall**.

Penn State Sport Camps Office
University Park, PA 16802

Phone: (814) 865-0561 Fax: (814) 865-8883 Email: sportcampinfo@psu.edu

Website: GoPSUsports.com/camps



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