



THIS SUMMER ON YOUR HOME FIELD!

Lacrosse
Day Camps

Field Hockey
Day Camps

Academy International



Lacrosse & Field Hockey Training for Girls

In Your Community

Just for Girls!

Our coaches come to you!

"Everyone from beginner to advanced learned new skills and game strategies from your wonderful enthusiastic coaches."

Cathy Mumford, Flemington, NJ



For Your Academy Details and To Register visit www.academyinternational.net

OUR STAFF

Academy International features acclaimed players and coaches from the USA, Britain, Australia and Holland. Many of our coaches possess extensive national team and college playing experience with numerous accolades. As well as their world-class level of play our staff is wonderful, inspiring teachers that serve as positive role models for all players.

OUR MISSION

To implement high quality lacrosse and field hockey training programs in communities nationwide and to enhance the number of girls playing sports.

To customize and adapt coaching so that players of all ages and skill levels can experience success in a safe controlled environment conducive to fun and learning.

In Your Community

nfhca
National Field Hockey Coaches Association
www.nfhca.com

GREAT ATLANTIC
LACROSSE COMPANY
1-800-999-4625
www.lacrosse.com

ALLIANCE PARTNERS:



register online at www.academyinternational.net
1-888 529 3827

Academy International,
P.O. Box 101328
Arlington VA, 22210



Lacrosse Day Camps

OUR CURRICULUM

We have devised three distinct training programs for both our lacrosse and field hockey programs. This will ensure all players are challenged and progress at their own comfortable rate of learning:

Introductory Bronze Program

This is perfect for the beginner lacrosse/field hockey player. Players are introduced to the fundamentals and rules of the game. This is integrated with an emphasis on developing stronger stick handling skills and a passion for the game.

Intermediate Silver Program

Our Silver program is designed with the intermediate player in mind. The objective of this program is to sharpen skills to enhance their success in real

Field Hockey Day Camps

game situations.

Players will focus on strategies for attack, defense and midfield, while applying them to their individual style and team dynamic.

Advanced Gold Program

Our advanced program is specially tailored for high school players with at least two years of experience. This program shifts the emphasis towards more intense strategy application. Players will perform and evaluate a variety of attack, defense and midfield scenarios to enhance their in-game decision-making. This program is for a competitive player that wants to take their game to the next level.

"Our students and parents have been very pleased with the quality of instruction and enthusiasm shown by Academy International coaches"

Dee Stephan, Varsity Coach,
The Ethel Walker School, Simsbury, Connecticut

Our Lacrosse Curriculum is designed for girls 7 to 17 years of age and will include:

Progressive skill training
Individual stick skills
Ground balls
Cradling
Passing and receiving
Cutting and checking
Shooting and offense

Slow and fast breaks
Defensive skills as a team and individual
Special fun interactive activities
Small-sided games and much more...

Our Field Hockey Curriculum is designed for girls 11 to 18 years of age and will include:

Progressive skill Training
Individual stick skills and ball handling
Running with the ball
Teaching major strokes: push, hit, slap and flick
Passing and receiving
Defending as individual and team

Shooting skills
2 V 1 and other overloads
Set pieces
Special fun interactive activities
Small-sided games and much more...

"Our daughter had fun and felt she accomplished something every day. More than one parent told me this was the best camp their child had ever attended."

Steve Cooper, Bowie, MD

ACADEMY FEE INCLUDES:

Week-long Instruction
Player Evaluation
Academy International T-shirt
Academy Awards (for every player)
Family Presentation
Pizza Party

HOSTING A COACH

This is a positive cultural experience for all. We also offer a rebate as a thank you from us. Staff will have their own transportation. If you would like to take advantage of this rewarding opportunity please indicate on the on-line registration form.

WHAT TO BRING TO CAMP

- Lacrosse or Hockey Stick
- Protective eyewear for lacrosse
- Shin guards for field hockey
- mouth guard
- suitable clothing and footwear
- fluids
- sunscreen
- snack optional

EARLY REGISTRATION

To ensure optimal coaching ratios each session will have limited participants. We encourage early registration to avoid disappointment.



For More Information
Call 1-888-529-3827

To Register Visit www.academyinternational.net

If Academy International does not have a program in your community call 1-888-529-3827

Coming this summer to your home field!