



# Patriots' Lacrosse Camp



**August 1st - August 4th**

Patriots' Lacrosse Camp will include lacrosse specific speed, agility and conditioning, progression of fundamentals, small sided situations, and full field play. The coaching will be tailored to each individual's playing ability and challenge each player to advance their play to the next level.

OPEN TO ALL STUDENTS IN THE FREEHOLD REGIONAL HIGH SCHOOL DISTRICT  
(Freehold, Colts Neck, Howell, Manalapan, Marlboro)

Coached by Freehold Township Head Varsity Coach: Patra Acquaviva

## Details:

**When:** August 1st- August 4th

**Who:** Any girls entering **7th-12th**  
grade (All levels of experience welcome)

**Time:** 5:00pm - 7:30pm

**Cost:** \$135

**Location:** American Legion  
11 Sanford St, Manalapan

### **All campers must bring:**

1. Mouth Guard
2. Girl's Lacrosse Stick
3. Goggles
4. Water

## To Register:

<http://www.limitlessfitnessnj.com/lacrosse.html>



For further questions, contact Patra Acquaviva @ 908-872-4646 or  
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