



2008 Nike-SPARQ/Velocity Summer Performance Series
Women's Lacrosse Camp

Featuring:

- **Amanda Hughes** (former scholarship midfielder & All-ACC Selection from Duke University, current Coach for Queen City Stars Elite Travel Team, 2007 Coach of the Year)
- **Amanda Abrahm** (current Head Coach for Providence Day School Varsity Women's Lacrosse, former player at Georgetown University, former Coach at Georgetown Prep)
- **Elite Collegiate and Post-Collegiate Players and Coaches across the country**
- **Nightly prizes and giveaways plus camp awards!!**

Location: Providence Day School
5800 Sardis Road, Charlotte NC 28270

Date: July 28th - July 31st **Rising 8th - 12th grades (including graduating seniors)**

Time: 5:30pm – 8:30pm

Cost: Register before July 1st: \$250 Register after July 1st: \$275
See Camp Outline on the next page for more information

SIGN UP TODAY!



IN PARTNERSHIP WITH

SPARQ



2008 Nike Summer Performance Series Outline **(July 28-31)**

Monday

- (30 minutes) Active Dynamic Warm-up
- (60 minutes) Nike-Sparq Athlete testing
- (30 minutes) Multi-Direction Movements and Drills
- (30 minutes) Position Specific Drills and Stickwork
- (45 minutes) 7-v-7 scrimmages, 1-v-1 drills
- (15 minutes) Question and Answer Session, Nutrition Speech

Tuesday

- (30 minutes) Active Dynamic Warm-up
- (45 minutes) Acceleration drills and exercises
- (45 minutes) Position Specific Drills and Stickwork
- (45 minutes) 7-v-7 scrimmages, 1-v-1 drills
- (15 minutes) Question and Answer Session, Recruiting Speech

Wednesday

- (30 minutes) Active Dynamic Warm-up
- (45 minutes) Maximum velocity drills and exercises
- (45 minutes) Position Specific Drills and Stickwork
- (45 minutes) 7-v-7 scrimmages, 1-v-1 drills
- (15 minutes) Question and Answer Session, the College Athlete

Thursday

- (30 minutes) Active Dynamic Warm-up
- (45 minutes) Power and Agility drills and exercises
- (45 minutes) Position Specific Drills and Stickwork
- (45 minutes) 7-v-7 scrimmages, 1-v-1 drills
- (30 minutes) Award ceremony, scholarship presentation
- (15 minutes) Question and Answer Session, Open Discussion

Benefits for Athletes Joining Our Camp

- Training with Elite Collegiate and Post-collegiate athletes
- Instructional commentary from the athletes and certified performance coaches throughout all camp activities
- Every athlete will undergo the Nike Sparq testing which includes:
 1. 5-10-5 shuttle
 2. Vertical Leap
 3. 40-yard dash
 4. Medicine Ball toss
- Match your skills in 1-v-1 drills with other high school athletes
- Improve multi-directional skills, speed and agility
- Receive Nike apparel
- Scholarship presentation
- One Complimentary training session at Velocity Sports Performance per athlete