

HARFORD LACROSSE CAMP



Elementary,
Middle and
High School

Day and
Overnight
Camp Plans

EST. 1981

www.aldivlax.com

- 6:1 Camper to Coach Ratio
- Coaches are CERTIFIED TEACHERS
- Position-specific instruction at all age & skill levels
- Guarded swimming pool
- Reversible practice jersey
- Full-time certified trainer at Camp
- Fun lacrosse-related activities and contests
- Speed, running & strength training
- Awards ceremony for campers and parents
- Written evaluation for each camper
- Flexible drop-off & pick-up times for day campers

SHORT DAY	MONDAY	Check in 4:30 to 5:30 pm Practice 5:45 p.m. – 8:00 p.m.	\$250
	TUES & WED	8:30 a.m. – 5 p.m.	
	THURSDAY	8:30 a.m. – 4 p.m. Thursday's Awards Program will begin at 2:00 pm <i>Lunch is included with this plan</i>	
ALL DAY	MONDAY	Check in 4:30 to 5:30 pm Practice 5:45 p.m. – 8:00 p.m.	\$325
	TUES & WED	8 a.m. – 8:30 p.m.	
	THURSDAY	8 a.m. – 4 p.m. Thursday's Awards Program will begin at 2:00 pm <i>All meals are included in this plan</i>	
OVERNIGHT	MONDAY	Check in 3:30 to 4:30 pm	\$400
	THURSDAY	Depart at 4:00 p.m. Thursday's Awards Program will begin at 2:00 pm <i>All meals are included in this plan</i>	

- **JOHN GRUBB** ALL-AMERICAN TOWSON U; STATE CHAMPION HEAD COACH NORTH HARFORD HS; ASST. COACH PATTERSON MILL; MEMBER OF McDONOGH SCHOOL, TOWSON U AND MSLCA HALLS OF FAME
- **FRANK MEZZANOTTE** ALL-AMERICAN TOWSON U; STATE CHAMPION HEAD COACH EDGEWOOD HS; FORMER HEAD COACH HCC; DEFENSIVE COORDINATOR, JOHN CARROLL SCHOOL; MEMBER OF TOWSON U AND MSLCA HALLS OF FAME
- **JASON BELLAMY** HEAD COACH STATE FINALIST PATTERSON MILL HS; 2011 COACH OF THE YEAR; ATHLETIC DIRECTOR PATTERSON MILL; 2016 ATHLETIC DIRECTOR OF THE YEAR; MSLCA BOARD MEMBER; 2016 MLSCA MAN OF THE YEAR

DOUG TESTERMAN, BEL AIR HS
CHUCK MUIR, FALLSTON HS
PAT MULL, ABERDEEN HS

NICK THOMSON, JARRETTSVILLE REC
NATE LUCKY, NORTH HARFORD HS
BROCK STURDIVANT, NASHVILLE, TN

DOUG SHARRETT, JOHN CARROLL
NICK HART, BEL AIR HS
TIM LUCKY, SANFORD SCHOOL (DE)