



Colorado's Premiere Lacrosse Camps, Clinics, and
Tournaments!

CRS LAX Camp and Tourney 2010!

Camp June 21st -25th

Charity 3v3 Tourney "Lax Cures" July 10th

CRS LAX Lacrosse and Strength/Agility Camp 2010

Open to: Boy's/ girl's, all ages, all levels (Beginners/ Intermediate/Advanced players)

Instructor: Grandview coaching staff, and nationally ranked top 20 Division 1 collegiate players and graduates. CrossFit certified instructors.

Dates: June 21st-25th

Times and Locations: 9:00am-12:00pm at Grandview HS

Equipment needed: Lacrosse stick, mouth guard, goggles, pads and water bottle (Sticks / goggles available to borrow- please request ahead of time).

Description: This lacrosse camp is designed to teach beginning players the fundamentals of lacrosse and advance the skills of the intermediate/ advanced players. Beginners will be learning catching and throwing, cradling, ground balls, etc. Intermediate and advanced players will model a high school level practice with advanced drills and concepts, covering offensive and defensive strategies, and all around advanced lacrosse technique. New this year, we will be adding **CrossFit** to the mix to build strength, endurance, and explosiveness. Focusing on lacrosse specific muscle groups and games needs. Learn how to build functional strength, how to train and fuel pre, during, and post season! Improve your line drills, stick work, offense, defense, speed, agility, strength, and more!

*This is a great place to start or if you are planning to play lax at one of the surrounding high schools or youth programs!

*Team discounts available; please contact us info@crslax.com, 720.274.1985

To Register Online at www.CRSLAX.com, Questions: info@CRSLAX.com, 720.274.1985

Charity 3v3 Tourney "Lax Cures" 2010

We are happy to announce our 6th Annual Charity Lacrosse Event, "Lacrosse Cures", July 10th, 2010! This is a competitive 3v.3 CHUMASH tourney to showcase talent and raise money for **Big Brothers Big Sisters of Colorado Sports Buddies Program**. 100% of the tournament profits will be going to benefit the BBSC Sports Buddies Program.

Chumash Tournament Details: This is for **high school, middle, and youth boys/girls. There will also be a coed men's/women's division!** Register alone or put together your own team and register as a team. Each team can be comprised of 4-5 players. Length and number of games will depend on number of participants. There is limited space, so register your team ASAP. **Must Register by July 1st, 2010!**

Dates: Saturday, July 10th, 2010

Time / Place: 8:00am- 4:00pm, Rosamond Park (8001 E Quincy Ave., Denver, CO 80237)

To REGISTER: Register online at www.CRSLAX.com, click the Tournaments button. Or you can email us at Info@CRSLAX.com.

Donate/ Questions: Contact Kristen at Info@CRSLAX.com , 720.274.1985

www.CRSLAX.com