

# adrenaline

## LACROSSE SCHEDULE 2013 - SAN DIEGO

### Camps

<b>Day Camp</b> Jun 18 - 21	<b>Goalie Camp</b> Jun 18 - 20	<b>Day Camp</b> Jul 23 - 26	<b>Day Camp</b> Jul 30 - Aug 2	<b>Day Camp</b> Aug 6 - 9
North: Bishops School South: Coronado MS	SDSU 5500 Campanile Drive San Diego, CA 92182	Pine Ave Park 3333 Harding St. Carlsbad, CA 92008	Sage Canyon School 5290 Harvest Run Dr. San Diego, CA 92130	Bernardo Heights MS 1299 Paseo Lucido San Diego, CA 92128

### Training Programs

<b>TRYLAX™</b> Jun 2 - 30 (Sundays)	<b>Skills Training</b> Jul 14 - Aug 18 (Sundays)	<b>LXM Positional</b> Jul 28 - Aug 18 (Sundays)	<b>AdrenaFIT™</b> Jul 1 - Aug 22 (Mon-Fri)
South: Dusty Rhodes Park North: South Village Neighborhood Park	South: Dusty Rhodes Park North: South Village Neighborhood Park	The Bishops School 7607 La Jolla Boulevard La Jolla, CA 92037	South: Coronado HS North: Ecke YMCA

### Other Events

<b>Summer League</b> Jun 5- Aug 10	<b>Starz Tryouts</b> Jun 2	<b>Starz Tryouts</b> Jun 15 - 16	<b>LXM ATS</b> Jun 21 -23
Divisions: Elite, High School, Middle School	LaxDawgs: Coronado HS RC: Torrey Pines HS	NC Mavericks: Location TBD	Del Mar Polo Grounds 14555 El Camino Real Del Mar, CA 92067

### About Adrenaline Lacrosse

Adrenaline Lacrosse is composed of a high-quality well rounded range of programs that have been meticulously designed by the game's top minds over the last 13 years. Our programs are based on the Adrenaline Cyclical Development model, which allows players to progress in an organized manner through a powerful lacrosse system.

PLEASE VISIT: [WWW.ADRLN.COM](http://WWW.ADRLN.COM) TO REGISTER TODAY





## Summer Camps: San Diego

Adrenaline camps provide a professionally run organized environment for team competition. The leagues spans multiple levels of competition that range from beginner to advanced, ensuring a competitive fit for all players. Club directors enjoy enlisting their teams in an organized competitive setting that adds value to their individual club programs.

<p><b>Day Camp</b> Boys (1<sup>st</sup> - 9<sup>th</sup>) Jun 18-21 9:00 am – 3 pm</p> <p>The Bishops School 7607 La Jolla Blvd La Jolla, CA 92037</p>	<p><b>Day Camp</b> Boys &amp; Girls (1<sup>st</sup> - 8<sup>th</sup>) Jun 18-21 9:00 am – 3 pm</p> <p>Coronado Middle School 550 F Avenue San Diego, CA 92118</p>	<p><b>Goalie / Overnight Camp</b> Boys (1<sup>st</sup> - 12<sup>th</sup>) Jun 18-20</p> <p>SDSU 5500 Campanile Drive San Diego, CA 92182</p>
<p><b>Day Camp</b> Boys &amp; Girls (1<sup>st</sup> - 12<sup>th</sup>) July 23-26 9:00 am – 3 pm</p> <p>Pine Ave Park 3333 Harding St. Carlsbad, CA 92008</p>	<p><b>Day Camp</b> Boys &amp; Girls (1<sup>st</sup> - 12<sup>th</sup>) July 30-August 2 9:00 am – 3 pm</p> <p>Sage Canyon School 5290 Harvest Run Dr. San Diego, CA 92130</p>	<p><b>Day Camp</b> Boys &amp; Girls (1<sup>st</sup> - 12<sup>th</sup>) August 6-9 9:00 am – 3 pm</p> <p>Bernardo Heights MS 12990 Paseo Lucido San Diego, California 92128</p>

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## ADRENALINE TRAINING PROGRAMS

- 1 TRYLAX
- 2 SKILLS
- 3 **LXM** POSITIONAL
- 4 ADRENAFIT®
- 5 K18 IMPACT
- 6 COACHES TRAINING

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## Training Programs: San Diego

**TRYLAX™** (Boys & Girls, K-8th) is for first time players and beginners only. This level is designed to teach kids the fundamentals of the sport in a fun, affordable way. This program focuses on the basic individual fundamentals of the sport.

**June 2 - 30 (Sundays)**

North County: South Village Neighborhood Park (12-2 PM)  
South County: Dusty Rhodes Park (12-2 PM)

**Skills Training** (Boys & Girls, K-8th) is for beginner to intermediate level players. Skills Training incorporates lacrosse skills, speed and agility, and strength training in a 6-week, once a week program.

**June 14 - August 18 (Sundays)**

North County: South Village Neighborhood Park (12-2 PM)  
South County: Dusty Rhodes Park (12-2 PM)

**LXM Positional Training** (Boys, 7<sup>th</sup>-12<sup>th</sup>) is for intermediate to advanced level players. Our coaches are among the elite of the sport and will show players' cutting edge tips and techniques unique to their position.

**June 28 - August 18 (Sundays)**

The Bishops School (5-7 PM)

**AdrenaFIT™** (Boys, 7<sup>th</sup>-12<sup>th</sup>) is a cutting edge program combining strength training, speed/agility, & lacrosse drills for advanced players only. Players will see tremendous results in strength, speed, & skills from this 3-day/ week program.

**July 1 - August 22 (Mon-Fri)**

North County: Ecke YMCA (2-4 PM)  
South County: Coronado HS (9-11 AM)

