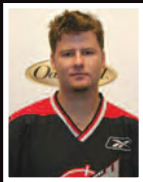




2009: Ottawa Summer Lacrosse Skills Camps

Instructors



JEFF ZYWICKI

National Lacrosse League

2006-2009: San Jose Stealth
 2008: 2nd Team All Pro
 5th Leading Scorer
 2006: All Rookie Team

Major League Lacrosse

2009: Toronto Nationals
 2006-2008: Rochester Rattlers
 2008: League champions
 5th leading scorer

Canadian National Team

2007: World Indoor Lacrosse
 Champions
 2006: World Field Lacrosse
 Champions
 (named Best Attackman)

NCAA

2001-2005: NCAA UMass
 2 time NCAA All-American

Juniors:

1998-2002: Jr. A Orillia Rama Kings
 2001: Winner of Jack Bonda
 Memorial Award,
 All Star game MVP
 1997-2001: Nepean Knights Jr. B
 1998: Jr B East Rookie of the Year



JASON WILES

Coaching

2008: Jr. A Orillia Rama Kings

National Lacrosse League

2007: San Jose Stealth
 2002: Columbus Landsharks

Juniors

1998-2001: Jr. A Orillia Rama Kings
 1997: Jr. B Orillia

Dates

Nepean Camp

July 6 - 10
 Dulude Arena
 8:30 am - 4:00 pm

Gloucester Camp

July 13 - 17
 Blackburn Arena
 8:30 am - 4:00 pm

Cost

Ages

5-9
 10-14

Cost

\$200.00
 \$250.00

Format

8:30 am - 9:00 am
 9:00 am - 9:30 am
 9:30 am - 11:00 am
 11:00 am - 11:15 am
 11:15 am - 12:00 pm
 12:00 pm - 1:00 pm
 1:00 pm - 2:00 pm
 2:00 pm - 2:15 pm
 2:15 pm - 3:00 pm
 3:00 pm - 4:00 pm

Arrival and introduction
 Gauntlet
 On floor session
 Break and snack
 Co-op games
 Lunch
 On floor session
 Break and snack
 Game analysis
 Co-op games

Co-operative Games

Soccer, dodgeball, lacrosse baseball, tag, floor hockey, and eliminator.

Contact

Jason Wiles

(705) 345 9899
 wiles_jason@hotmail.com

Online Registration

www.prostarlacrosse.com

Prizes

All participants get hats and the chance at numerous NLL memorabilia including: autographed shirts, game shafts, game heads and pictures.