



Greetings Parents and Players,

I want to thank everyone for an awesome season! Both the Upper School Boys' Varsity Lacrosse team as well as the Middle School boys' lacrosse team had great seasons and Key lacrosse is on the up-and-up! We are most certainly headed in the right direction as a program and I would love to continue to build on our success over the summer. With that being said, I and a few other coaches will be holding 10 training/stick-skill sessions for boys this summer on the Beach Field and would love for as many players to come as possible. These workouts are **NOT** mandatory (but highly encouraged) and will be completely **FREE** and **OPEN TO ALL** current Key boys' lacrosse student athletes and any "potential" players (Middle and Upper School - Grades 6-12). The sessions will run from **10:00-11:30 a.m.** on the **Beach Field**. The dates are **July 11, 16, 18, 23, 25, 30** and **August 1, 6, 8, 13**.

In addition to these sessions, I have listed a few local camps below that I would strongly recommend. There are a variety of camps (overnight and day camps), if at all possible, it would be awesome to get together with a couple teammates and attend one of these camps as a small (or large) group. Specifically overnight camps, as you could be roommates with teammates and continue to build as a team. Thanks again for an amazing season, I look forward to the continued growth of Key's lacrosse program!!

<https://navylacrosse.com/overnight-camp>

(Overnight camp ages 10-18)

Navy does have some day camp options, but unfortunately they are only for younger kids (8-13).

<https://www.umterpslax.com/2019-summer-camp>

(Overnight and Day camp options ages 8-15)

<https://millionlacrosse.com/camp-locations/maryland/>

(Day camp with 3 or 4 day option, ages 9-17) Free lacrosse stick head with registration

<https://www.ussportscamps.com/lacrosse/nike/nike-boys-lacrosse-camp-mcdaniel-college-maryland#detailsContent>

(Overnight and Day camp options ages 9-18)

All the best,

Peter Ludlam

Head Coach Boys' Varsity Lacrosse

pludlam@aacps.org