

Hockey/Lacrosse Camp	July 19-23
Time	Event
8:45am	Arrive at Martin's Field
9am-11am	Lacrosse Training at Martin's Field
11:15am-11:30am	Bus pick up at Martin's Field transport to Power Play Rinks
11:30am-12pm	Lunch at Power Play
12pm-1:15pm	Dryland at Power Play
1:15pm-1:40pm	Dress for Hockey
1:40pm-4:05pm	On Ice Hockey Training at Power Play
What to Bring	Lacrosse Gear Required
Hockey Gear	Helmet (you may use hockey helmet)
Shorts and Tee Shirt	Shoulder Pads (you may use hockey shoulder pads)
Lunch	Elbow Pads (you may use hockey elbow pads)
Extra Socks	Gloves (you may use hockey gloves but lacrosse gloves preferable)
Sneakers	Cup (you may use hockey cup)
Lacrosse Gear	Lacrosse Stick
Power Play Rinks	701 Haywood Dr. Exton PA 19341
Martin's Field	599 Charles Drive, Downingtown, PA 19335