

BC WHEELCHAIR LACROSSE CAMP

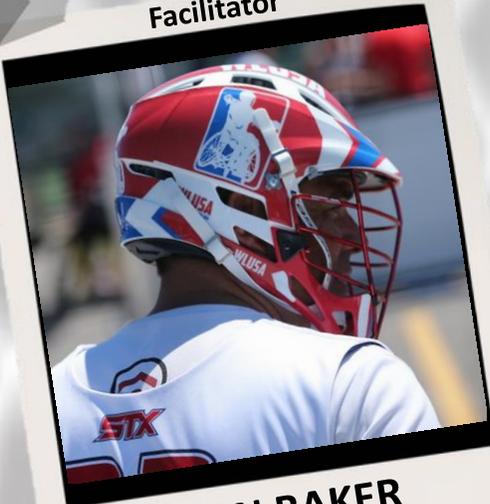
Presented by the British Columbia Lacrosse Association in
partnership with Wheelchair Lacrosse USA



MARCH 23 & 24, 2019
BURNABY LAKE ARENA



Facilitator

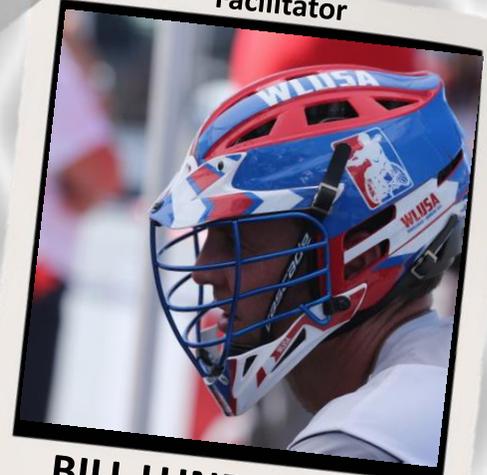


RYAN BAKER

Co-Founder - Wheelchair Lacrosse USA



Facilitator



BILL LUNDSTROM

Co-Founder - Wheelchair Lacrosse USA

ALL ABILITIES WELCOME

LOCATION: Burnaby Lake Arena – 3676 Kensington Avenue, Burnaby

DATES: Saturday, March 23, 2019 from 9:00am – 3:00pm

Sunday, March 24, 2019 from 9:00am – 2:00pm

For more information and to register for this free 2-day event:

info@bcwheelchairlacrosse.com or call 604-421-9755 ext. 1

- ✓ All levels are welcome and encouraged to participate (must be 14+).
 - ✓ Sports Chairs available if needed
 - ✓ Sticks, elbow pads and helmets will also be available

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About the Wheelchair Lacrosse USA Facilitators (Info from Wheelchair Lacrosse USA website)



Spinergy Wheelchair Wheels

Ryan Baker - Growing up in San Diego, Ryan's only exposure to lacrosse came early in the form of stories, told by his late grandfather, who spoke to him about the sport being played by Native Americans that were gifted with the Creator's Game, now known as lacrosse. In Steamboat Baker skied, hit the golf ball, competed in tennis, and participated in many different wheelchair races. It wasn't until a friend was able to give him a more formal introduction to the game of lacrosse that Ryan became fascinated and impressed by the sport. He thought about the possibility and how adaptable it could be while holding to the traditions and legacy of the game. Ryan works for



Bill Lundstrom - Lundstrom, also a San Diego native, was introduced to Ryan in 2008. After some time together the duo learned that they had similar interests. Both also had a desire to play a team sport, but were not interested in any of the available offerings. Baker proposed the idea of lacrosse to Lundstrom on a ski trip to Steamboat in 2009. Within days of their return they got some used sticks, balls and gloves and went out to have a catch. They soon had several players out throwing the ball around. Wheelchair Lacrosse USA was born and later in 2010, Ryan and Bill did their first WLUSA Camp. Bill is the owner at Lundstrom Engineering and Surveying.

Sample Camp Agenda

Day 1

9:00am - 10:00am Segment One

- ✓ Introductions
- ✓ Safety / Equipment Review, getting dressed
- ✓ Break up into 2 groups for passing and catching drills
- ✓ Shooting techniques and drills, mobility

10:15am - 12:00pm Segment Two

- ✓ Introduce D Pole
- ✓ Rules Review, Player Positioning, Offsides
- ✓ Offensive, Defensive Zones

1:00pm – 2:30pm Segment Three

- ✓ Assign players to positions
- ✓ Face Off Rule, Restraining line, procedure
- ✓ Cover offensive/defensive schemes, Shifting, Sliding

Day 2

9:00am - 10:30am Segment Four

- ✓ Triangle Passing Drill
- ✓ Set plays and picking
- ✓ Riding, Clearing
- ✓ Defense, zone vs. man on man
- ✓ 2 groups run offense at 50%, demonstrate a proper pick and player separation

10:35am – 12:30pm – Segment Five

- ✓ Choose teams and play full speed scrimmage

1:00pm – 2:00pm

- ✓ Question and Answer period
- ✓ Prize giveaways