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Lacrosse pros in Glenwood

Professionals host five-day camp for 11- to 17-year-olds

[Joelle Milholm](#)
[Glenwood Springs, CO Colorado](#)
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GLENWOOD SPRINGS, Colo. — Lacrosse had a big week in Glenwood as three professional players and 50 youth players gathered at the Colorado Mountain College's Spring Valley Campus for a five-day Xcelerate Lacrosse Camp.

Mark Miyashita, of the National Lacrosse League's Minnesota Swarm, Matt Brown of Major League Lacrosse's Denver Outlaws and NLL's Arizona Sting and John Gallant of the NLL's Colorado Mammoth instructed the camp. While there were a few local kids in attendance, most campers hailed from out of town, including Florida, California, Idaho, Michigan and other Colorado locations such as Denver and Grand Junction.

"We go all across the country to non-traditional hotbeds, trying to help grow the game and get the kids better," said Miyashita, Xcelerate's coaching director and Glenwood camp director.

Xcelerate Lacrosse Camps were co-founded by lacrosse legend, U.S. national team player and Colorado Mammoth, Jay Jalbert.

Along with lots of lacrosse, which included three-a-day sessions for the 11- to 17-year-olds for most of the week, Miyashita, Brown and Gallant all put a little extra into the Glenwood camp. This one did mean a little more seeing as all three live in Colorado.

"With this one, we wanted to create a different lacrosse camp experience and we took the kids rafting. It was a blast and it was something to make it a little different," Miyashita said. "We all love Colorado and we wanted to make it like a vacation and give the kids an experience they probably wouldn't have anywhere else."

Xcelerate Camps' growth from three a few years ago to 17 across the country this summer is a direct reflection of the growth of the sport in general.

"The sport in Colorado is just exploding. It's definitely exploding in the West,"

National League Lacrosse player Mark Miyashita instructs a camper during the Xcelerate Lacrosse Camp at Colorado Mountain College's Spring Valley Campus on Friday. Miyashita, who used to play for the Colorado Mammoth, but now plays for the Minnesota Swarm, was joined by two other professional lacrosse players who helped run the camp.
Post Independent/
Kelley Cox



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said Brown. "With more and more camps these kids can go to, the better they are going to get and the higher quality players we are going to produce."

Outside of working on their fundamentals, draw and dumps, give and gos, finding good shot angels and dodging hits, the campers enjoy the camp because they get to work with pros. Gus Brunger of Castle Rock has been to three Xcelerate camps and keeps on coming back for the same reason.

"The pros that come and help you out," 15-year-old Brunger said. "You learn a lot from the scrimmages and games."

This was the first Xcelerate camp in Glenwood, but Brown and the rest of the organizers hope it's not the last.

"This one is cool because it is in the mountains and hopefully next year we will have some more kids," said Brown, who has scored 24 goals for the Outlaws so far this season. "We would like to grow this and make it a cool thing for kids and hopefully get up to 100 to 125 people."

After a pair of scrimmages on Friday, the camp wrapped up and kids headed home. Brown had to get on the road to Denver to get to an Outlaw practice Friday night before the team's game today against the Los Angeles Riptide at Invesco Field at Mile High.

- Mark Miyashita, defenseman for National Lacrosse League's Minnesota Swarm. Used to play for the Colorado Mammoth and still lives in Parker.
- Matt Brown, attacker for Major League Lacrosse's Denver Outlaws and NLL's Arizona Sting. Also an assistant lacrosse coach for the University of Denver, who still lives in Denver.
- John Gallant defenseman for NLL's Colorado Mammoth. Played with the Mammoth since 2003 and lives in Englewood.

What's the difference between the MLL and the NLL?

- Major League Lacrosse is a 10-team indoor league that started in 2001. The MLL season goes from May to August.
- National Lacrosse League is a 14-team outdoor league that started in 1987. The NLL season goes from December to April.

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