



Sticks Lacrosse Campers

## Sticks Lacrosse Camp Attracts Record Number of Athletes

Adding to the gamut of organized athletic opportunities for kids on the Hill, Sports on the Hill (SoTH) partnered with Sticks Lacrosse ([www.stickslacrosse.com](http://www.stickslacrosse.com)) to offer a half-day, week-long June summer camp at Kingsman Field for boys and girls ages 5-13. Hill dad Malcolm Lester, head lacrosse coach of nationally-ranked St. Albans School for 15 years, directed the camp and all-star coaching staff. The first annual Sticks Lacrosse Camp on the Hill attracted 34 youngsters representing 12 area schools, including Watkins, St. Peter's, Two Rivers, Stuart Hobson, Capitol Hill Day, Rock Creek International, St. Patrick's, Hardy, Academy of Christian Education, Beauvoir, Thomson and Oyster. The camp was organized in response to the overwhelming interest in the first-ever SoTH winter lacrosse season at Eastern High School, introduced by Erik Kriel and supported by the SoTH Board, energetic parents, and capable volunteer coaches, including Coach Lester. SoTH built on this interest by holding a Saturday spring lacrosse program at Anacostia Park and collaborating with Coach Lester to offer the summer camp. Options Charter School opened its doors to the camp, offering use of its gym in case of inclement weather. Hill "laxers" benefited not only from Coach Lester's energetic and respectful coaching, but also from the 5 to 1 camper

to coach ratio led by a staff of female and male high school and college lacrosse players from the National Cathedral School, St. Albans, Brown University, Hamilton College, Princeton University, and the University of Vermont. Campers learned lacrosse fundamentals through drills and scrimmages, and enjoyed themed dress-up days (funky shirt, shorts, socks, and hair). Lacrosse and sporting goods companies generously and enthusiastically supported the summer camp. Thanks to STX Lacrosse, campers participated in a "fastest shot contest" in which player shots were measured by a radar gun. Lax World Virginia set up a lacrosse store on the field, offering kids' lacrosse sticks and other equipment. Sports Her Way, a sports store dedicated to female athletes and located in Old Town Alexandria and Towson, provided sports items as well. Most importantly, young Hill athletes simply had great fun and left the camp with a solid understanding of the sport, led by a talented team of athletes committed to instilling a love of sport and sports(wo)manship. What a tremendous opportunity -- all due to so many parts of this great Hill community coming together to make it happen. Hats off to each and every person and organization that made the SoTH-Sticks Lacrosse clinic a reality! -Sally Aman

Capitol Hill Yoga Studio. The Baby & Me class will be held from 9-10am on Fridays. CHY is located at 221 5th St., NE. [www.capitolhillyoga.com](http://www.capitolhillyoga.com). Drop in classes are \$10.

### DCPS Beautification Day

This annual event to improve our local schools will be held Aug. 26 from 8a.m. - 1p.m. Plan to volunteer for a few hours to spruce up your neighborhood school for opening day! To register, call Kris Benjamin at 202-727-0488 or email [volunteer4schools@k12.dc.us](mailto:volunteer4schools@k12.dc.us). You may also call your neighborhood school directly. For Maury ES (13th & Constitution Ave.), contact Elizabeth Nelson, 543-3512 or e-mail [elizabeth\\_knits@yahoo.com](mailto:elizabeth_knits@yahoo.com).

### Summer Concert Series at The National Air And Space Museum

The National Air and Space Museum on the Mall will continue with its 4th Annual Summer Concert Series through August featuring ensembles from The United States Air Force Band. Stationed at Bolling Air Force Base the band is known as "America's International Musical Ambassadors". Wednesdays from 12:30-1:30 p.m., free.

### Levine School of Rock

School of Rock is a week-long opportunity for teenagers to learn and develop their music skills jamming and playing all styles of contemporary music, whether its rock, blues or rhythm and blues. The summer classes are open to pre-existing bands and individuals who would like to be placed with others to learn ensemble skills, instrumental and vocal skills and recording studio techniques. Each day's curriculum will feature a group demonstration and instruction session with Levine's faculty-artists, individual instrumental and vocal sections, ensemble coaching and master classes. Students will learn to play their instruments with greater skill and improve their vocal and stage presentations. The course culminates with the production of a CD recording of the artist or group in Levine's state-of-the-art recording studio. The school runs from Aug. 21-25, 10a.m. - 4p.m. at the Levine School of Music located at 2801 Upton St., NW. To enroll call 202-686-8000, ext. 1581 or [www.levineschool.org](http://www.levineschool.org).

### Children's Day at Gadsby's Tavern Museum

Take a 90-minute tour with hands-on activities designed to bring the 18th-cen-

tury to life. Activities include storytelling, candle making, meeting a pirate, dressing up in 18th-century clothes and playing colonial games. Reservations are required. Ages 3 and up. Aug. 9, 10a.m.-3p.m., \$5. Gadsby's is located at 134 N. Royal St., Alexandria. [www.gadsbystavern.org](http://www.gadsbystavern.org).

### Jungles in Paris

Enter the dream world of French artist Henri Rousseau and take an imaginary journey through jungles, forests, and gardens. Search for tigers, monkeys, snakes, and flamingos! Explore exotic plants, stroll the streets of Paris, and learn about a unique artist. Activities include films for all ages, family activity sheets to tour the exhibition Henri Rousseau: Jungles in Paris, and hands-on art-making. No reservations are required; meet at the National Gallery of Art's East Building entrance. Recommended age: 4 and up. The NGA is between Third and Ninth Streets, at Constitution Ave on the Mall. Aug. 11-12. 10a.m.-5p.m., free.

### Shark Day is Aug. 12

Sharks are fascinating and often misunderstood. Join the staff of the National Aquarium on Aug. 12 as they help visitors learn more about the ocean's top predators. Special activities planned for the day include stories, crafts, and keeper talks. Fossil shark tooth collections are on display, and kids can dig for a fossil shark tooth in the dig area. 14th Street and Constitution Avenue, NW. Admission: General (11 and up) \$5; Seniors and Military Personnel \$4; Children (2 to 10) \$2; Children (under 2) Free; credit cards are not accepted. Event is free with price of admission. [www.nationalaquarium.com](http://www.nationalaquarium.com).

### Cool Off with a Family Tubing Trip

Enjoy an adventurous, fun day of tubing along Antietam Creek. Tubes, life jackets, and guides in kayaks are provided. Meet at Outdoor Excursions in Boonesboro, MD. All attending pay a fee, but ages 4 and 5 can sit on a parent's lap in the tube for \$15. Reservations are required. Ages: 4 and up Brookside Nature Center is located at 1400 Glenallan Ave., Silver Spring, MD. 301-946-9071. There is a plethora of family events throughout the month of August including, Nature Up Close, Butterflies & Flutter-bys, Stream Splash, Birds Of Summer, Family Woodland Hike, Flying Squirrels Puppet Show, Wake Up, It's Nighttime and Wonderful Wiggly Worms. For more info log on to [www.brooksidenature.org](http://www.brooksidenature.org).