

RIVER DELL LACROSSE

1ST & 2ND GRADE LACROSSE SKILLS CLINIC

FOR BOYS AND GIRLS



IT'S NOT TOO LATE TO REGISTER. PLEASE GO TO OUR WEBSITE AT WWW.RIVERDELLLACROSSE.COM

GET YOUR KIDS READY TO JOIN "THE FASTEST GAME ON TWO FEET"

THIS INSTRUCTIONAL CLINIC FOCUSES ON LACROSSE STICK AND GAME SKILLS SUCH AS CATCHING, THROWING, GROUND BALLS, PASSING, DODGING AND SHOOTING

**THE CLINIC WILL BE HELD THIS YEAR AT RIVER DELL MIDDLE SCHOOL
SUNDAY 4PM (FOR 1ST GRADERS) AND 5PM (FOR 2ND GRADERS)
SESSIONS BEGIN MARCH 30TH AND RUN THROUGH JUNE 8TH
(NO CLINIC ON MOTHER'S DAY, EASTER OR MEMORIAL DAY WEEKEND)
8 ONE-HOUR INSTRUCTIONAL SESSIONS FOR ONLY \$100**

**EQUIPMENT DAY WILL BE HELD ON SATURDAY FEBRUARY 8TH FROM 8:30AM TO 12:30PM
AT THE RIVER DELL HIGH SCHOOL CAFETERIA
BOYS EQUIPMENT WILL BE AVAILABLE FOR RENT!!!**

IF YOU HAVE ANY QUESTIONS CONTACT RICH MYERS AT 201-214-3975 OR SEND EMAIL TO RDLACROSSE@GMAIL.COM



OR



WWW.FACEBOOK.COM/RDLAX OR [@RDJRLAX](https://twitter.com/RDJRLAX)