



**River Dell Lacrosse Association**

**Summer Programs**

**Summer Nights under the Lights!!!!**

Keep up your lacrosse skills over the summer with:

**Jess Rickershauser**- Head Coach, River Dell Girls' Varsity Lacrosse

(with other RD coaches, players, and college players)

**Tuesday Nights**

**June 18<sup>th</sup> through July 30<sup>th</sup>**

**6:30 pm to 8 pm**

**Doug Parcells Athletic Field, Oradell NJ**

For girls rising grades 3<sup>rd</sup> through 8<sup>th</sup>

(Please register your player in the grade they will be in September 2019)

Evening will include:

Drills and instruction on: fundamentals, transition skills, on & off ball offense/defense, 7v7 play, and fun lacrosse games and competitions.

Raise your game this summer!

\$125.00 a player

Registration at [Riverdelllacrosse.com](http://Riverdelllacrosse.com)