



Skills & Drills Lacrosse Clinic

with Jamie and Kristen for Girls Grades 1-4

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Purpose: Help players develop and improve individual skills and team play guided by our experienced coaching staff. Players will improve the physical, tactical, and technical skills of the game in a fun environment!

Details: The 6 week clinic is open to all girls grades 1-4 (all levels). It will take place on Sunday mornings.

When: September 22, 29, October 6, 13, 20, 27
• Grades (K) 1 & 2: 10:45-12:00
• Grades 3 & 4: 12:00-1:15

Where: Centre Square Park Fields (Behind St. Helena)

Cost: \$85

Coaches:

Jamie Kane

Jamie graduated from Upper Dublin HS in 2000 where she was a 2 sport athlete and First Team All-American. She is a Certified K-12 Educator, with a Masters in Education. Jamie is a former scholarship athlete from Penn State University. Jamie was a First Team Philadelphia Inquirer Lacrosse Player of the Year in 2000. While playing for Penn State, The Nittany Lions ranked 1 and 2 in the ALC, and made it the NCAA Tournament. She earned NCAA Academic All-Conference Team in 2003 and 2004. Jamie's coaching experience spans all levels, from Collegiate D1 teams and D3 teams, to club and community programs, and former head varsity coach for Wissahickon High School. She also volunteered for the Special Olympics. She now resides in Fort Washington with her 3 kids and continues to coach.

Kristen Nicholas

Kristen graduated from Plymouth Whitemarsh HS in 1996 where she was a 3 sport athlete and lacrosse All American. She then went on to Georgetown University where she was a scholarship athlete, 4 year starter, two time captain and All American. During her time on the hilltop the Hoyas made it to the Division 1 NCAA tournament three times and twice to the Elite 8. After graduating, Kristen moved on to coach lacrosse at Boston University. She now resides in Blue Bell with her 3 kids and continues to coach at the youth level.

[Click HERE to sign up!](#)

Questions? Please email us:

Jamie Kane at Jamiekane8@gmail.com or Kristen Nicholas at knicholas3125@gmail.com