

A.J. Lacrosse Clinic – 2015

July 13-16 @ Grafton High School

Dedicated to the growth of lacrosse in Grafton & Central Massachusetts

Boys Clinic: Level I ages 7-9, Level II ages 10-11, Level III ages 12-15

Girls Clinic: Level I ages 7-9, Level II ages 10-11, Level III ages 12-15

Clinic Staff

Alan Rotatori, University of Massachusetts, Sport Management, High School Coach 27 years, Wellness Teacher 25 years, Boston Blazers

Dr. Sean Thornton, Pfeiffer University, Sports Medicine, High School Coach 5 years, Grafton Youth Coach 14 years, Chiropractor

Kim Broad, Grafton Youth Lacrosse President, Grafton Youth Coach

Dan Rotatori, Springfield College, Exercise Science, Certified Strength and Conditioning Specialist, All-Access Fitness Academy

Lizzy Navin, Grafton High School, Central Michigan University Commit, Sports Medicine Major

Ronnie Jordan, College of Wooster, Communications, Played for local high school power Lincoln-Sudbury

Ben Kissam, Springfield College, Physical Education, Teacher and Coach at Denver Discovery School

Katy Coughlin, Grafton High School, Merrimack College Commit, Business Major

Clinic Staff

Bryan Rotatori, Keene State University, Physical Education Major, Keene State Lacrosse Starter

Matt Briggs, Fitchburg State University, Technology Education, High School Coach 20 years, Technology Teacher 23 years

Bergin Sullivan, Grafton High School

Steve Rotatori, Grafton High School

Clinic Philosophy

The *A.J. Lacrosse Clinic* is an instructional clinic established with the purpose of developing lacrosse players in GRAFTON & Central MA. All participants will be taught the fundamentals of the game at age appropriate levels. Basic skills such as throwing and catching will be concentrated on in a fun learning environment. Also developed will be team concepts, rule interpretation and exposure to other important aspects of the game including talks on nutrition, strength training, conditioning, and stretching. Every day participants will scrimmage and learn as they play. All boy participants will need a stick, gloves, and helmet with mouth guard, shoulder pads, elbow pads and cleats. All girl participants will need sticks, mouth guards, eye protection, and cleats.

Typical Day

Warm-up (9:00)
Stretching and Skill Development

Station Work (10:00)
Situation Drills
Dodging, Defense, Picks, etc.

Action Drill (10:30)
Theme drills
Settled, Unsettled, Fast break

Game (11:10)
Short Field or Regulation
Instructional Game Play

Lunch Break (12:00)
Lunch **Not** Provided

Station Work (12:40)
Situation Drills
Dodging, Defense, Picks, etc.

Team Concepts (1:10)
Formations, Rules, Defensive
Slides, Clears, Rides

Game (2:00)
Short Field or Regulation
Instructional Game Play

A.J. Lacrosse Clinic – 2015 ***July 13-16 @ Grafton High School***

Dedicated to the growth of lacrosse in Grafton & Central Massachusetts

Registration Form

I desire to enroll my son/daughter in the 2015 ***A.J. Lacrosse Clinic*** to be held from July 13-16. I understand that neither the town of Grafton, the director, nor anyone connected with the clinic will assume any responsibility for accidents, medical, dental, or other expenses incurred as the result of accidents sustained during or as a result of any instruction given the applicant by the clinic staff. I hereby authorize the director to act on my behalf according to the best judgment in any emergency requiring medical attention.

Clinic Fee - **\$150.00**

FREE clinic t-shirt

Circle Size

YM YL S M L XL

***Please mail this with checks payable to:**

Alan Rotatori
21 Deernolm Street
North Grafton, MA 01536

Parent Signature _____

Applicant Name _____

Age _____ **Telephone #** _____

Address

Street _____

City/Town _____ **State** _____ **Zip** _____

Insurance Company _____

Insurance Policy # _____

Phone # _____ **Email** _____

Emergency Contact _____

US Lacrosse Membership # _____ **(required to attend clinic)**