



NORWICH SUMMER LACROSSE CLINIC

AUGUST 2018

CONTACT INFORMATION: JAMES.LIGHTNER1989@GMAIL.COM

BOYS CLINIC:

- LEVEL 1; GRADES 3/4/5- AUGUST 8TH, 15TH, 22ND FROM 5PM TO 8PM
- LEVEL 2; GRADES 6/7/8- AUGUST 9TH, 16TH, 21ST FROM 5PM TO 8PM

JAMES LIGHTNER- CLINIC DIRECTOR: NORWICH YOUTH LACROSSE COACH

AUBURN AVIATORS SEMI-PRO BOX LACROSSE GENERAL MANAGER/DEFENSEMEN

KAISERSLAUTERN LUMBERJACKS (GERMAN BUNDESLIGA 1) ATTACKMEN

EDISON HIGH SCHOOL (EDISON, NJ) VARSITY ATTACKMEN

CLINIC PHILOSOPHY

THE NORWICH SUMMER LACROSSE CLINIC IS AN INSTRUCTIONAL CLINIC DESIGNED WITH THE PURPOSE OF DEVELOPING PLAYERS IN NORWICH & EASTERN CT. ALL PARTICIPANTS WILL BE TAUGHT THE FUNDAMENTALS OF THE GAME AT AGE APPROPRIATE LEVELS. THE BASIC SKILLS OF PASSING, CATCHING, & CRADLING WILL BE CONCENTRATED ON IN AN ACTIVE & FUN ENVIROMENT. WE WILL ALSO DEVELOP TEAM CONCEPTS, STRATEGIES, & OTHER IMPORTANT ASPECTS OF LACROSSE. ALL PARTICIPANTS WILL NEED A STICK, GLOVES, HELMET WITH MOUTHGUARD, SHOULDER PADS, ELBOW PADS, CLEATS, AND & ATHLETIC SUPPORTER/CUP. LIMITED LOANER GEAR WILL BE AVAILABLE.

FOR INDIVIDUAL ONE ON ONE INSTRUCTION PLEASE INQUIRE WITH JAMES LIGHTNER

DEDICATED TO THE GROWTH OF LACROSSE IN NORWICH