

Teamworks Training

2010 Pre-Season JUMP START Program

Featuring:

Jodi Dolan, Head Coach, Hopkinton High School & Boston Globe Girls Lacrosse Coach of the Year, 2006

Stacey Freda, Head Coach, 2x Division I State Champion, Framingham High School Girls Lacrosse

Tracey Drown, Coach, Wayland High School, Seacoast United Club Lacrosse

EJ Kluge, Framingham High School, Central MA Club Lacrosse

Ashley Mabardy, Coach, Natick High School

Chrissy Muller, Coach, Weston High School

(Please note that not all staff will be at every session)

Join our outstanding high school coaching staff as you prepare for your spring lacrosse season! Jump start your spring with stick work, tactical development and conditioning!

You can choose any of our four convenient programs!

Jump Start

2010 Girls Lacrosse Training

TEAMWORKS, NORTHBORO

PARTICIPANTS:

9th-12th grade girls

(advanced 8th grade girls welcome as well)

February Vacation Program:

Wednesday, February 17th & Friday, February 19th: 10:00AM-1:00 PM

Pre-Season Weekend Only Program:

Sundays: February 28th, March 7th, March 14th: 12:00-2:00 PM

Pre-Season Weekday Only Program:

Mondays/Wednesdays: Feb. 22nd, Feb. 24th, March 1st, March 3rd, March 8th, March 10th:
3:00-5:00 PM

Pre-Season Weekday/Weekend Program:

Sundays: February 28th, March 7th, March 14th:12:00-2:00 pm

Mondays/Wednesdays: Feb. 22nd, Feb. 24th, March 1st, March 3rd, March 8th, March 10th:
3:00-5:00 PM

WHERE: Teamworks Field Turf, 185 Otis Street, Northboro, MA. 01532

REGISTRATION: Send in registration form to KIX-n-STX, 9 Ridge Road, Hopkinton, MA 01748

You will receive a confirmation/informational email upon registration! Space is limited.

TEAMWORKS TRAINING - GIRLS LACROSSE CLINIC

NAME _____ ADDRESS _____

City _____ State _____ Zip _____

Phone _____ 2nd Phone _____ Grade _____

Parent/Guardian Name _____ Parents Email _____

Years played _____ Will you need a stick? Yes or NO

(Please Check Program in appropriate box on right)

JUMP START PROGRAM SESSION DATES	Select Program (check box)
February Vacation Program: \$40 for 1 session or \$80 for both Wednesday, February 17th _____ Friday, Feb. 19th _____	<input type="checkbox"/>
Pre-Season Weekend Only Program: \$90 Sundays: February 28th, March 7th, March 14th	<input type="checkbox"/>
Pre-Season Weekday Only Program: \$170 Mondays/Wednesdays: Feb. 22, Feb. 24, March 1, March 3, March 8, March 10	<input type="checkbox"/>
Pre-Season Weekday/Weekend Program: \$240 Sundays: February 28th, March 7th, March 14th Mondays/Wednesdays: Feb. 22, Feb. 24, March 1, March 3, March 8, March 10	<input type="checkbox"/>

Upon registering in the KIX-n-STX Jump Start Clinic, I assume all risks and attest that my daughter has had a medical examination performed by a doctor within the last year. I am aware lacrosse is a contact sport and that there is a risk of injury while practicing, playing, or competing. I agree to indemnify and hold harmless KIX-n-STX Sports and Teamworks from any injuries or damages arising from my child's participation. I have read and understand the agreement.

Signature _____ Emergency Contact Number _____

Return Registration form and registration fee (payable to KIX-n-STX) to:

KIX-n-STX, 9 Ridge Rd., Hopkinton, MA. 01748

Questions? Call Stacey Freda @ 781-621-8333 or slfreda@yahoo.com