

# 2017 Girls Youth Indoor Winter Lacrosse Clinic

## **What**

2017 Girls Youth Indoor Winter Lacrosse Clinic

## **When**

7 Weeks; Saturdays starting Jan 21<sup>th</sup> from 1pm to 2pm for Bantams and 2pm to 3pm for Seniors & Juniors. Last clinic date is Saturday March 4<sup>th</sup>

## **Where**

The F.I.T. Sports Performance Center TURF (122 Spring St, Unit D5, Southington CT).

## **Who**

This clinic is available to girls who will be playing in Bantams, Jr's or Sr's this coming spring (grades 3-8). Girls will be placed in groups that are appropriate to their age and skill levels.

## **Why**

This is a great opportunity for returning players to focus on their skills and also connect with teammates old and new! We also encourage new players to attend. They will learn the fundamentals of lacrosse, meet their new teammates and coaches, and get a jumpstart on the season.

## **Cost**

\$50/player. This goes to cover the cost for renting the facility and providing a D1 college coach trainer. Please be sure to complete the attached registration form. Please go on the SLA website, signup, register and pay by Jan 7<sup>th</sup>

## **Equipment Needed**

Stick, goggles, mouth guard, sneakers and practice clothing. NO cleats allowed. NO earrings or jewelry are allowed for the safety of ALL players.

## **F.I.T. Sports Center TURF**

The facility is heated so practice tee shirts and shorts are recommended but feel free to wear any warm-up clothing. No food, gum or water allowed in the turf area.

## **Insurance**

Proof of health insurance will be needed prior to registration. Also, you must be a member of US Lacrosse so that you are covered by their insurance as well. If you have already signed up for the Spring 2017 season, you should be all set with your membership.

## **Coaches**

We have a D1 college coach, Ashley Mara, running the clinic this year. Our coaches will be there that will be coaching your daughters in the spring to help out. We will also have some special guest coaches from time to time. Last year we had several girls from the Southington High School Varsity Lacrosse team assist us. We are working on getting them to join us again this year too.

## **Interested?**

Space is limited, so please sign up and reserve your spot today. Please contact Mike Daley at [mikedaley67@gmail.com](mailto:mikedaley67@gmail.com); text 203-515-2927 or Jillian Thorpe at [jacesthorpe01@gmail.com](mailto:jacesthorpe01@gmail.com) any questions that you may have.