

# FLYER FAST BREAK

Make lacrosse part of your April break!

100% of all proceeds benefit the Framingham High School Flyer Girls Lacrosse team!

## PARTICIPANTS:

Players in 3<sup>rd</sup>- 8<sup>th</sup> grade **This is for varied skill abilities. There is a place for the beginner as well as for the advanced player.**

## AGENDA:

**11:00-12:00: Warm-up/Skills Clinic:** facilitated by Flyer Girls Lacrosse staff and players

**12:00-1:00: Team Tactics**

**1:00-1:30: Small Sided Games**

## WHERE:

Turf Field behind Framingham H.S. Framingham, MA

**HOW:** Send in the below registration form and a check for \$20 made payable to *Town of Framingham* to:  
FHS Athletics:  
Att: Flyer Fast Break  
115 A Street Framingham, MA 01701



## Featuring:

**STACEY FREDA**  
Head Coach, FHS

**JEN DEFUSCO**  
JV Coach, FHS

**DAN MARIANI**  
Freshmen Coach, FHS

As well as other staff and members of the Framingham High School Girls' Lacrosse Team.

Questions?  
508-620-4963 x 27556  
[sfreda@framingham.k12.ma.us](mailto:sfreda@framingham.k12.ma.us)

**WHEN:**  
Tuesday April 16  
11:00-1:30

## FLYER FAST BREAK CLINIC

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_ 2<sup>nd</sup> Phone \_\_\_\_\_ Grade \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_ Parent/guardian Email \_\_\_\_\_

Please check appropriate grade level, if you are an advanced 6<sup>th</sup> grader and would like to play up, please check "Elite".  
Pro Division (grades 3<sup>rd</sup>-6<sup>th</sup>) \_\_\_\_\_ Elite Division (grades 7<sup>th</sup>-8<sup>th</sup>) \_\_\_\_\_

Will you need to borrow a stick? YES or NO Will you need to borrow goggles? YES or NO

Upon registering in the Fast Break 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 Framingham Public Schools from any injuries or damages arising from my child's participation. I have read and understand the agreement.

Signature \_\_\_\_\_ Emergency Contact Number \_\_\_\_\_

