

**Central Mass Club Lacrosse (CMass)** offers the serious female lacrosse player the opportunity to train year round under the direction of top lacrosse coaches in the area and compete in the most competitive local tournaments.

**Central Mass Club Lacrosse** is now entering its 10<sup>th</sup> year and is **UNDER NEW OWNERSHIP!**



- Two hour indoor practices at Hit Quarters in Shrewsbury  
January 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>  
February 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>  
March 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>

There is no cost for the first session. These practices are tied into the Summer Program so your student-athletes will meet potential team mates.

5<sup>th</sup> and 6<sup>th</sup> practice from 9am-11am

7<sup>th</sup> and 8<sup>th</sup> practice from 9am-11am

The Hit Quarters

3 Tennis Drive

Shrewsbury MA 01545

Any questions?

Call or Email Karl @ 508-948-9614

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