

# Blue Ridge Lacrosse

## Boys Preseason Skills & Drills Clinic

Learn the skills & drills you need to help prepare  
you for the upcoming season!

Directed by Coach Jeff Lewandowski

Woodgrove High School Main Lacrosse Field

\*outdoor clinic so dress appropriately

NEWS: All player helmets must be NOCSAE Certified to  
participate. All info on [www.blueridgelacrosse.com](http://www.blueridgelacrosse.com)

January 11th, 18th, 25th & February 8th

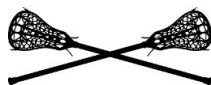
Session 1 (Ages 8-11) 1:00-2:15pm

Session 2 (Ages 12-15) 2:30-3:45pm

\$150 for all 4 sessions

Walk-up Fee - \$65/day

Register at [www.blueridgelacrosse.com](http://www.blueridgelacrosse.com)



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for Weather updates/cancellations

Questions? Comments? Email us at [blueridgelaxcamps@gmail.com](mailto:blueridgelaxcamps@gmail.com)