

PrimoSports

"Your Multi-Sports Center"

Lacrosse Stickwork & Scrimmaging for Girls

Instructor- Mike Grace

Ages 13 & under - Youth- This class will teach basic stickwork fundamentals including catching, throwing, cradling, and shooting. We use partner training and station drills to develop the skills a beginner to the sport needs to progress and improve their game. We follow this instruction up with small sided games that force players to use the skills they have learned in a team environment.


Winter Session 1

1- Mondays, January 11, 18, 25 and February 1

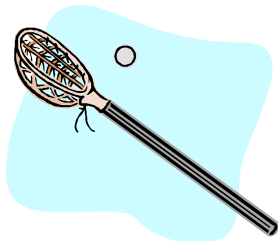
Winter Session 2

2 – Mondays, February 8, 15, 22 and March 1

*equipment needed: Stick only for instructional
Goggles and mouth piece for scrimmaging



Sign up for
both sessions
for \$100



Ages

13 & under

Times

5:30-6:30

Price

\$60 per 4 week session

Entry will be confirmed once payment has been accepted. Cash, check and all major credit cards accepted .

PrimoSports 472 Route 17A Florida, NY 10921 Phone: 845.651.0440 Fax: 845.651.0445 www.primosports.net

PrimoSports Girls Lacrosse Stickwork & Scrimmage Registration

Childs Name _____ Phone _____ DOB _____ AGE _____

Parents Name _____ Emergency Contact _____

E-mail _____ Session _____

Address _____

Street

City

State

Zip