

INTERESTED IN LACROSSE?

FREE clinics

The Yorktown Titans and Grafton High School, in conjunction with Hampton Roads Lacrosse, is sponsoring a FREE fall clinic for Grafton Middle and High School Boys. Must register on www.HRLAX.com to attend

WHO: New and returning Grafton Middle and High school Boys, (6th-8th grade) all experience levels...even those who have never touched a lacrosse stick.

WHAT: Did you know Grafton HS and Middle School have Club Lacrosse Teams?

WHY: We are currently recruiting boys to play the 2018 Spring Season. Play Football? Did not make the Baseball or Soccer team? Interested in getting involved in Middle School and High School Sports? **Lacrosse Wants You**

WHEN: Sunday, October 8th, Boys 3pm - 4:30pm

WHERE: York Middle School 11201 George Washington Memorial Hwy, Yorktown Va

OTHER DETAILS:

- ✂ Clinic will be divided out new and experience players by age. Will do fun drills as intro to the Sport.
- ✂ Experienced coaches and instructors come from the Yorktown Titans Youth Lacrosse League and Grafton high school-aged teams.
- ✂ **MANDATORY REGISTRATION ONLINE** at www.HRLAX.com prior to coming to field.
- ✂ Yorktown Titans will raffle various items at clinic.

EQUIPMENT REQUIREMENTS:

- ✂ Appropriate athletic footwear for grass fields.
- ✂ All returning players: Full equipment including mouth guard.
- ✂ A limited number of sticks can be provided for first time Lacrosse Players, please email contacts below to reserve

These materials are neither sponsored nor endorsed by the York County School Division or this school.

Questions Contact:

Tom Overby for Grafton Middle School Info at tom.overby@fedex.com

Jim Johnson for Grafton High School info at johnson4d8@gmail.com

To register for the free clinic visit www.HRLAX.com

For information on the upcoming Spring 2018 season visit www.hrlax.com