



INTERESTED IN LACROSSE? FREE clinics

The Yorktown Titans Girls Youth Lacrosse League, in conjunction with Hampton Roads Lacrosse, is sponsoring a FREE fall clinic for...

WHO: New and returning lacrosse players, girls, 6–15 years old, (1st-8th grade) all experience levels...even those who have never touched a lacrosse stick.

WHAT: Develop basic to advanced lacrosse skills, and increase game awareness through Drills.

WHY: To learn a new sport rapidly growing in national and local popularity, or sharpen skills and stay current on advanced play before the official lacrosse season begins in February 2017.

WHEN: Sunday, October 8th, Girls 1pm-2:30pm

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

OTHER DETAILS:

- ✂ Players grouped based by skill level.
- ✂ Experienced coaches and instructors come from the Yorktown Titans Youth Lacrosse League and local area 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:

- ✂ MOUTH GUARD that fully covers upper teeth is required for all participants. Appropriate athletic footwear for grass fields.
- ✂ First-time girls: * stick, goggles and mouth guard. (A limited # sticks can be provided, please email Girls contact below)
- ✂ 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:

Carl Rogers for Girls info at carl-rogers@cox.net

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

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