



Learn-to-Play Lacrosse Fall Camp

The Norski Lacrosse Club is looking for **BOYS and GIRLS from 1st to 8th grade** that are interested in learning how to play one of the fastest growing sports in the country. **The camp is designed for new players as well as first and second year players looking to learn and develop fundamental lacrosse skills. The camp is a great way for new players to try out lacrosse before signing up for the spring season.**

Lacrosse is a fast paced game requiring a blend of speed, athleticism, strength, and intelligence. It is characterized by precision passing on the run, quick scoring runs, and inspired defensive stands. It is as fun to watch as it is to play. Experience the bursts of football, the team defense of basketball, the running of soccer, and at the older boys' levels - the physical play of hockey.

The club is hosting a 4-week learn-to-play clinic on Sundays beginning September 18, 2017 at a local park. Rental equipment will be provided for players who do not own equipment.

Our certified coaching staff leads all sessions with assistance provided by our High School Lacrosse players.

Clinic Dates: Sundays - Sept 17, Sept 24, Oct 1, Oct 8

Clinic time: 12:00 pm - 1:30 pm

Cost: Total of \$70 which includes 1 year US Lacrosse player membership (value of \$30 that covers membership for the spring 2018 lacrosse season as well as the fall 2017 camp), lacrosse stick and ball for the player to keep at the end of camp, and equipment for use during the camp

Boys equipment = helmet, gloves, elbow guards, and shoulder pads

Girls equipment = protective eyewear

\$10 for returning players with US Lacrosse player membership using his/her own stick and equipment
Each player will need to come to the clinic with his/her own mouth guard.

We believe new players will like playing lacrosse and want to play in the spring, but if a player decides he/she doesn't want to keep the stick and ball at the end of camp, the lacrosse club will buy the stick and ball back for \$30.

Registration is currently open and will close September 11, 2017

Register online at norskilax.org

Please Note: the registration process will direct you to the US Lacrosse website to sign up for membership and then you will finish registration on the Norski Lacrosse club website.

Questions? norskilaxclub@gmail.com