

Girls Lacrosse Clinics

By **PRIDE Lacrosse**

Saturdays - Sept. 24, Oct. 1, Oct. 8 & Oct. 15
9:30 to 11:30 am at Pinewood Prep



Ages - 6 to 13

Beginners to experienced are welcome!

Participants will be grouped by age at the clinics.



Participants will:

- Learn the basics skills (cradling, scooping, passing, etc.) of the game through drills and fun game activities.
- Learn the rules of the game, player positions and understanding of the field.
- Play mini-scrimmages to get a feel for the strategy and pace of a real game.
- Work with experienced lacrosse players from the PRIDE Lacrosse team.

Equipment:

Limited amount of lacrosse sticks are available to borrow; and will be allocated to the first **15 registrants**.

Participants must bring goggles and a mouth guard; **and a stick if registered after the first 15.**



Cost:

\$20 per session
Discount is available for multiple sessions.

Make check payable to
Pride Lacrosse



Andrew Morgan

Clinic Coach & Head Coach of the Pride Lacrosse Team
Coach Morgan has over 15 years of experience with coaching lacrosse!

pridelacrossesc@gmail.com or 804-832-2375



Girls Lacrosse Clinic Registration Form 2016

Please complete and return with payment.

Participant First Name _____ Last Name _____

Age: _____ Grade: _____ Allergies: _____

Parent First Name _____ Last Name _____

Street _____ City and Zip _____

Email: _____

Parent cell phone: _____ (for last-minute weather cancellations via text and/or emergency)

Method of Payment (must accompany this form):

- Cash
- Check (made payable to Pride Lacrosse)

- Yes I DO have a lacrosse stick.
- I do NOT have a lacrosse stick and need to borrow one.

First 15 registrants will be able to borrow a stick from the PRIDE club

Dates your child will attend:

- Saturday, Sept. 24
- Saturday, Oct. 8
- Saturday, Oct. 1
- Saturday, Oct. 15

Waiver of Liability:

This agreement releases **Pride Lacrosse and/or Pinewood Preparatory School** from all liability relating to injuries that may occur during one and/or any of the above girls lacrosse clinic(s). By signing this agreement, I agree to hold **Pride Lacrosse and/or Pinewood Preparatory School** entirely free from any liability, including financial responsibility for injuries incurred, regardless of whether injuries are caused by negligence.

I, _____ fully understand and agree to the above terms.
(Printed name of legal guardian)

(Signature of legal guardian printed above)

(Date)