



Shrewsbury Boys Youth Lacrosse: 2016 Fall Clinics

We are excited to offer fall lacrosse clinics for beginner through advanced players who want to learn about the game or hone their skills in a certain position. These clinics will be run by Shrewsbury Youth Lacrosse (SYL) and Shrewsbury High School lacrosse coaches and players and will be held the last 3 Sundays in October at Lake Street Fields. Clinics are open to boys in 1st through 8th grade. Below is what we are offering:

Learn to Play Clinic (Free)

New to the game and want to learn what it is all about? Parents and players come join us to learn about our organization and try your hand at throwing and catching the lacrosse ball and learning about the equipment you need to play. Open to boys in first through 8th grade.

October 16th, 23rd, and 30th 9:00a.m.-10a.m.

Note: Lacrosse equipment not required but if you have it please bring it.

Goalie Clinic (\$30*)

Learn techniques, strategies and communication skills to develop what it takes to make great saves!

October 16th from 9a.m. – 12p.m.

Note: Full lacrosse equipment required. Some goalie equipment will be available.

Defense Clinic (\$30*)

Learn conditioning techniques and position strategies to help defend the goal through quick footwork, communication and defensive tactics.

October 23rd from 9a.m. – 12p.m.

Note: Full Lacrosse equipment required and defensive stick recommended.

Face-off/ Offensive Clinic (\$30*)

Learn what it takes to gain possession of the ball and set your team up for a win, offensively.

October 30th from 9.m. – 12p.m.

Note: Full lacrosse equipment required

** Take all three (3) clinics for \$75*

Registration: Online registration is available at:

<http://shrewsburyyouthlacrosse.uslaxteams.com/Registration/Default.asp?org=ShrewsburyYouthLacrosse>

Questions? Please visit us at shrewsburyyouthlacrosse.uslaxteams.com or send your questions to diginetne@gmail.com