



Women's Lacrosse Clinic

November 1, 2009

@ The George Washington
University
Mount Vernon Athletic Complex
2100 Foxhall Road, NW
Washington, DC 20007

The GW Women's lacrosse team is hosting a lacrosse clinic for Grades 6th-12th. This clinic is open to all levels of playing experience. Both beginners and advanced players will receive hands-on instruction from The George Washington University Coaching Staff and current players. Beginners will be introduced to basic skills and game concepts. Advanced teaching will include stick work, attacking moves, defensive concepts, and competitive games. We hope you will join us for a fun-filled day of lacrosse!

Date: Sunday, November 1, 2009

Time: 10:00am – 3:00pm

Location: George Washington University Mount Vernon Athletic Complex

Fee: \$70/person Team Discount (7 or more) \$60/person

Level: Grades 6-12, beginners through advanced

What to bring: Mouthguard, Water Bottle, Shoes for Synthetic field turf surface (turf shoes or trainers), stick, goggles (If you don't have a stick or goggles, we can lend them to you for the day)

Goalies must bring their own equipment

Questions: Contact Lindsay Lewis 202.994.5891 lewisln@gwu.edu

Name: _____ Age: _____ Grade: _____
Address: _____
City _____ State _____ Zip: _____
Email: _____
Home Phone: _____ Cell Phone: _____
Parent / Guardian: _____ Emergency Phone: _____
School: _____
Years Played (Circle One): Beginner (1-2 years) Intermediate (3-5 years) Advanced (5+ years)

- \$70 Registration Clinic Fee
 \$60 Team Registration Clinic Fee

Please Return to:
The George Washington University Lacrosse
600 22nd St. NW
Washington, DC 20052