

Youth Lacrosse Day

September 18, 2010

Free clinic for beginner girls and boys of all ages!



Where: Grand Valley State University

Laker Turf Building ,1 Campus Drive, Allendale, MI 49401 (Parking lot F or C)

Time: 10 AM check-in 10:30-12:30 clinic

During this clinic the girls and boys will be on the field to experience and learn the game of lacrosse in a fun, healthy and safe environment.

- Throwing
- Catching
- Ground balls
- Shooting
- Cradling
- Field Positions

Pre-registration required by 9/16, available at www.glamlax.org

GLAM will provide stick and eye goggles for the day for girls who do not have one.

MIYLL will provide loaner equipment for the boys.

Participant should wear cleats/gym shoes and mouth guard.

Participants should bring a water bottle.



Bring your friends and have fun learning lacrosse!

For additional information contact info@glamlax.org