

# ASA Lacrosse

## 2010 Girl's Winter Training Lacrosse Program

Program open to girl's 1<sup>st</sup>-4<sup>th</sup> grade, 5<sup>th</sup>-8<sup>th</sup> grade and 9<sup>th</sup>-12<sup>th</sup> grade.

Location: Norris Park- S Hughes St Apex

Dates: 4 Sunday sessions January 17, 24, 31, February 7

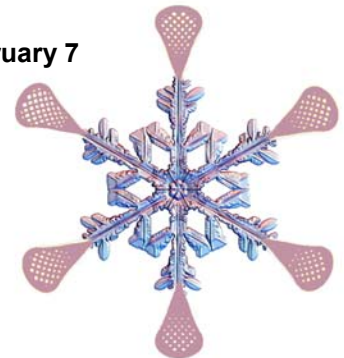
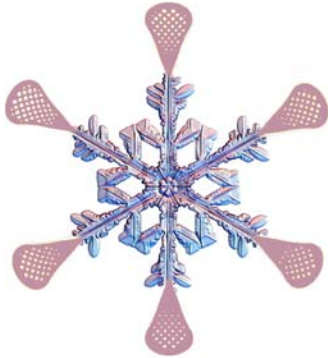
Times:

1<sup>st</sup>-4<sup>th</sup> grade 10:00am-11:30am

5<sup>th</sup>-8<sup>th</sup> grade 10:00-11:30am

Goalie Training: 12:00-1:45

9<sup>th</sup>-12<sup>th</sup> grade 12:00pm-1:45pm



**Program Highlights:** Top local coaches will be on hand leading the youth teaching and instruction. High School players will focus on skills, team play and conditioning getting ready for the 2010 season.

**1<sup>st</sup>-4<sup>th</sup> Grade-** Instructional program designed to teach the fundamental skills through drills, games and scrimmages. Learn to play and have Fun!! Scrimmage every Session!

**5<sup>th</sup>-8<sup>th</sup> Grade-** Instructional program designed to teach and expand on the fundamental skills through drills, games and scrimmages. Advanced program teaches teamwork concepts. Learn to play and have Fun!! Full Field Scrimmage Every Session!

**9<sup>th</sup>-12<sup>th</sup> Grade-** Instructional program designed to teach and expand on the fundamental skills through drills, games and full field scrimmages. Advanced program teaches teamwork concepts. Learn to play and have Fun!!

This four-week program will allow players the opportunity to participate in individual as well as team skill sessions. The goal for HS girls is to develop fundamental skills, confidence and experience sharpening their game heading into HS practice/tryouts that starts February 16th.

Winter Training Registration Fees · \$85.00 per player. Price Includes: 4 Weeks of Instruction/Play.

ASA Lacrosse will provide High School teams that have 10 or more players registered a \$100 discount to enter their team in the Duke Blue Devil Challenge on February 6<sup>th</sup>.

In addition any youth players registered for spring lacrosse with ASA will receive a \$25 reimbursement for winter training in the form of a check.

Register for Winter Training Starting Dec 1 at [www.apexsportsauthority.com](http://www.apexsportsauthority.com)

Registration after December 31 will require \$25 late fee.

