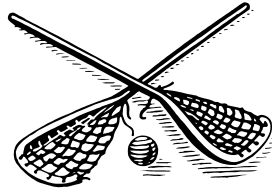




Longmeadow Parks & Recreation Department

735 Longmeadow Street ~ Longmeadow, MA 01106

Phone 413.565.4160 ~ Fax 413.565.4165



Boys Lacrosse Clinic and Camp

with Ryan Liebel

Longmeadow High School Lacrosse Fields

Ages 5-9, July 7-11, 9am-11am, 1503.402

*This clinic for young boys will cover the basics of the game of lacrosse in a fun and energetic way. Participants will learn about proper warm-up and practice preparation. Basic skills will be covered along with game like scenarios through the week. Full equipment is required and includes helmet, shoulder and elbow pads, gloves, mouth guard, cup, stick and cleats. **Fee: \$100 per person.***

Ages 10-13, July 21-25, 9am-3pm, 1503.401 (LICENSED)

*Sessions will include small team instruction with players working on the strategy and fundamentals of the game of lacrosse. In the first segment, participants will learn how to think through the game, employ high percentage strategies and plan ahead. The second segment will be instructional full field games, where players will refine their knowledge of team concepts, dictate the pace of the game and understand game rules. Full equipment is required and includes lacrosse helmet, shoulder and elbow pads, gloves, mouth guard, cup, stick and cleats. Day concludes with swimming at Reynolds Pool, which is where participants are to be picked up, each day. **Fee: \$180 per person.***

This camp is licensed and follows the guidelines of the Massachusetts Department of Public Health and the Town of Longmeadow Board of Health. All participants must provide a current copy of a physical and proof of up-to-date immunizations. For more information, please visit our website: www.lprd.net.

REGISTER ONLINE TODAY: WWW.LPRD.NET/SPORTS-SPECIALTY-CAMPS

The Deadline to register for camps is the Wednesday prior to your session at 5pm to avoid a \$10 late registration fee.