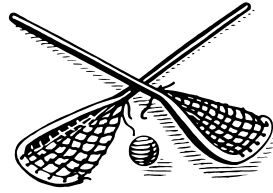




Parks & Recreation Department

735 Longmeadow Street ~ Longmeadow, MA 01106

Phone 413.565.4160 ~ Fax 413.565.4165



## Girls' Lacrosse Clinics

*With Coach Steve Dudeck*

*LHS (Russell) Lacrosse Fields*

*Grades 1,2 &3: June 30-July 3, 9am-11am, 1509.402*

*(no camp on July 4th)*

*Our Little Ladies Lancer Lacrosse Clinic for young girls will cover the basics of the game of lacrosse in a fun and energetic way. Girls will learn about proper warm-up and practice preparation. Basic skills will be covered along with game-like scenarios throughout the week! Stick, goggles and mouth guard are required equipment. **Fee: \$80 per person\****

*Grades 8-9: July 14-16, 9am-11:30am, 1509.403*

*This clinic for girls is geared toward the advanced player who has played lacrosse before. Instruction will focus on advanced instruction in game strategy and team play. This camp is ideal for those who strive to play on the same level as area high school players. **Fee: \$85 per person\****

***Full water bottle, sunscreen and insect repellent (if desired) should be brought to camp daily (apply sunscreen before leaving home). LPRD is also a peanut, tree nut and latex free environment in response to the increasing number of children with allergies. Please plan accordingly when sending in a snack and avoid these products.***

*\*\$10 Late Registration Fees will be assessed for registrations received "late". Avoid this fee and register by the Wednesday prior to the clinic start date!*

*\*\$10 Non-Resident Fee per program, per person will be assessed for participants who do not reside in Longmeadow*

Please visit [www.lprd.net](http://www.lprd.net) or stop by the  
Community House to register

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