

## **Hereford Lacrosse Boys Pre-Season Clinic**

During the month of January, St Paul's School for Boys in Brooklandville, Maryland has generously offered the use of its Middle School gym to the Hereford Lacrosse Boys Rec Program in order to provide a pre-season lacrosse clinic. This clinic will be offered to all boys registered for the Spring '06 outdoor season, with birth dates of 1991-1995, and will be a great opportunity for all participants to get sticks in their hands prior to the start of the spring season.

The clinic is open to all skill levels. Our goal is to help our boys to keep improving, no matter what current ability level, through small group sessions with a great deal of individual attention.

Our program is very fortunate to have former players from several college programs, including Virginia, Towson, Army, Navy, Hobart, Bucknell, Dickinson and Hopkins. Additionally, most of these individuals have coached at various age and skill levels of lacrosse and have many years' worth of experience.

### **Skills and Techniques to be covered:**

- **Fundamental Stick Skills** – Throwing, Catching, Shooting Ground Balls, Basic Dodging
- **Advanced Skills** – Off Hand Work, Advanced Dodging, Fast Breaks, Clears and Rides, Man Up/Man Down
- **Defense** (Team and Individual)
- **Offense** (Team and Individual)
- **Special Goalie Clinic**
- **Face Off Tips and Wing Play**
- **Small Group Play**

**Our intention is to make this a Safe, Fun and Educational experience for all the participants.**

**Note: A nominal donation of \$20, for St Paul's is being requested. Please bring a check, payable to "St. Paul's School for Boys", to your first session.**

## Tentative Schedule

**We will being promptly so please arrive 15 minutes early with all equipment, including a cup!**

**January 5<sup>th</sup> \_**

**6:30 to 8:00 – players born in 1995 and 1996 (Lightning)  
8:00 to 9:30 - players born in 1993 and 1994 (Midget)  
(Special goalie clinic night)**

**January 12<sup>th</sup> \_**

**6:30 to 8:00 – players born in 1995 and 1996 (Lightning)  
8:00 to 9:30 - players born in 1991 and 1992 (Junior)  
(Special goalie clinic night)**

**January 19<sup>th</sup> \_**

**6:30 to 8:00 – players born in 1995 and 1996 (Lightning)  
8:00 to 9:30 - players born in 1993 and 1994 (Midget)**

**January 26<sup>th</sup> \_**

**6:30 to 8:00 – players born in 1995 and 1996 (Lightning)  
8:00 to 9:30 - players born in 1991 and 1992 (Junior)**

**Directions: <http://www.stpaulsschool.org/aboutsp/directions.asp>**

**Location of the Kelly gym:**

**<http://www.stpaulsschool.org/documents/campusmap.pdf>**

**Note regarding cancellations: If it snows and the St Paul's School is closed, the clinic will not be held that night. There will be no make up dates.**

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### HEREFORD REC BOYS LACROSSE CLINIC WAIVER FORM

I hereby release and discharge Hereford Lacrosse, its agents, employees, staff members, directors, facilities, and officers from any claims, responsibilities or liabilities for any injuries or harm incurred as a result of my child, \_\_\_\_\_'s, participation in the Hereford Rec Boys Lacrosse Clinic. I understand and recognize such risk and authorize Hereford Lacrosse to take whatever action necessary, in their best judgment, in an emergency and I hereby release and discharge Hereford Lacrosse from any responsibility or liability related thereto.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date