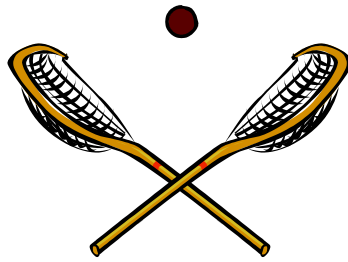


Hereford Girls Lacrosse Clinic



Mark your calendar now!

What: Lacrosse clinic for Hereford Rec Players

When: Saturday, March 25th from 9am to 12:30pm

Where: Genessee Valley (just off Middletown Road)

Why: To improve your skills, to meet & learn from former and current Hereford Girls Varsity Lacrosse Players

Cost: \$15.00...cash or check...checks made out to Liz Berquist

Players can expect a number of stations focusing on a variety of lacrosse skills from shooting to playing goalie. Athletes will be broken into groups based upon their ages and skill level. In addition, all girls' lacrosse coaches are invited to observe and pick up tips for coaching their teams. Snacks and drinks will be provided.

On sale: Hereford T-Shirts (\$15.00), Stickwork books (\$5.00), Reversible Pinnies (\$20.00)

Participants will receive a free pass to a Hereford Girls Varsity game!