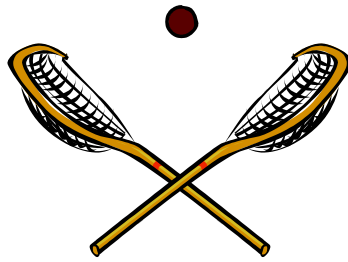


# Hereford Girls Lacrosse Clinic



Mark your calendar now!

What: Lacrosse clinic for Hereford Rec Players

When: March 25<sup>th</sup> from 9am to 1pm

Where: Genessee Valley (just off Middletown Road)

Why: To improve your skills, to meet & learn from former and current Hereford Girls 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 Lacrosse State Championship Shorts (\$15.00), Stickwork books (\$5.00), Lacrosse belts and keychains (\$5-\$20.00)

For more info, check out <http://www.herefordlacrosse.com/> .