

Lacrosse Clinics

WINTER 2: Jan. 18-Mar. 7



For More Information Email:
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Additional Information
Annual membership required
(\$15 per person/ \$30 per family)

Class Fees

8 classes: \$180

Advanced Shooting: \$140 4 classes

Additional Information

Annual membership required
(\$30 per person/ \$55 per family)



Register Today!

www.hvsports.com

(734) 487-7678

Open Enrollment—Join Late, We Will Pro-Rate!

Class Name & Age Range	Thursday
Mini Sticks Lacrosse (co-ed) 1 st – 4 th grades	5:30 pm
Beginner Skill Development (co-ed) 5 th -9 th grades	
Advanced Shooting This clinic fee is \$140 4 classes Jan. 18-Feb. 8	5:30 pm
Advanced Shooting II This clinic fee is \$140 4 classes Feb. 15-Mar. 7	5:30 pm
Middle School Box Lacrosse	6:30 pm
Varsity Box Lacrosse	7:30 pm

Mini Stix: This fun, safe, and exciting introduction to lacrosse is a fantastic way to learn the game, develop hand-eye coordination, and have a blast with friends! Using soft sticks and balls, this clinic teaches the fundamentals of the sport of lacrosse through a series of age-appropriate games and drills. **Equipment is provided.**

Beginners: As the fastest growing sport in the country, lacrosse is attracting new players every day. Players will learn how to pass, catch, cradle, scoop, and shoot. **No equipment or previous experience is required.** Players are welcome to bring their own sticks, or they can borrow one for the class.

Box Lacrosse: After progressing through our Mini Stix & Beginners options, the Box league offers the next level of training. With full pads and equipment, players experience the full version of field lacrosse. Training sessions will feature fast-paced, box-specific training combined with scrimmage time. Players will develop stick skills, transition offense and

goalies.