

Please mail the following form to

Yost Elementary School, 100 W. Beam Street, Porter, IN 46304
Attention: Girls Lacrosse Clinic

OR email the completed form to Coach Mary Smith at
marydoodle16@gmail.com.

Player Name _____

Address _____

Age _____ Grade _____ School _____

US Lacrosse Registration # _____

You must have this to participate.

Parent/Guardian _____

Parent Phone Contact _____

Parent Email
Contact _____

I grant _____
permission to participate in the Girls Lacrosse Clinic at Yost
Elementary School, and waive and release the Duneland School
Corporation, clinic coaches and assistants from all claims for damage
resulting from injury to above named person or property while
participating in or arising from her travel to and from the clinic.

Parent/Legal Guardian Signature

Date

Introductory Girls Lacrosse Clinic

An introductory girls lacrosse clinic will be held outside at Yost Elementary School on Saturday, September 22 from 1-3pm. In case of rain, the make-up date will be Saturday, September 29 from 1-3.

Girls grades 4-8 are invited to enroll in this free clinic. Coach Mary Smith will introduce the fundamentals of girls lacrosse, which will include catching, passing, cradling, shooting and draws.

Although the clinic is free, all girls **MUST** have a youth membership with US Lacrosse in order to participate in the clinic for insurance purposes. Please register your player online at uslacrosse.com. An annual youth membership is \$30 and provides many benefits.

Girls should come with a **women/girls** lacrosse stick, shoes suitable for running, and a water bottle. There will be a limited number of lacrosse sticks available for loan.

Contact Mary Smith if you need a loaner lacrosse stick or have any questions. 708-528-7898 or marydoodle16@gmail.com

Got Boys?!

Boys lacrosse programs are available through the Chesterton Lacrosse Club in the spring. Boys spring registration will begin online in November 2018 at www.chestertonlacrosse.com. For more information regarding boys programs contact Brian Staubus at staubus@msn.com.



Lacrosse is a sport originally played by Native Americans in the US and Canada. It is the fastest growing sport in the US and is an exciting and action filled game.

Although men and women's lacrosse are derived from the same game, they are played under different rules with different sticks. Women's rules limit stick contact, prohibit body contact, and require little protective equipment. A women's team consists of 11 field players and one goalie.

For more information regarding lacrosse, visit uslacrosse.com.

Women's lacrosse sticks can be found at Dick's Sporting Goods, purchased online at Amazon or various online lacrosse supply stores. An entry level women's stick costs around \$30-45. Common brands are STX and Brine. Women's sticks have the ability to tighten the pocket easily with several drawstrings that run from the top to the bottom of the pocket. Men's sticks do not have this feature.

INTRODUCTORY GIRLS LACROSSE CLINIC

SATURDAY, SEPTEMBER 22

1:00 – 3:00PM

Outside at YOST ELEMENTARY SCHOOL

**Come join us for fun, fitness, friendship and
the joy of learning an exciting and unique sport!**



Rain date will be Saturday, September 29 from 1:00 – 3:00pm