



SUMMER LACROSSE PROGRAM

Open to all!

Try it for FREE – first session is free

The Kingfisher Lacrosse Summer Clinics will help you build your skills and knowledge of the game! Open to girls and boys of all ages! Let our team of former college players and coaches help you explore America's original game.

This summer we are excited to host a "backyard" lacrosse league! What's backyard lacrosse? Just like it sounds – we are organizing games of 3 to 5 players (can be mixed age or mixed gender) without the full gear to play fast-paced games against teams drawn from within our own ranks but also from other cities across the region.

What will I learn? All the basic skills to succeed in lacrosse but that also translate to lots of other sports –hand-eye coordination, agility and moving with/without the ball, ball control, handling the stick, throwing and catching, and working with small teams.

What am I committing to? This is a flexible offering, meaning you are not expected to come to every session. The program begins June 14 and will end July 28 (with week of July 4 off) for a total of 12 sessions.

We will offer two sessions per week on Tuesday and Thursday evenings (5:30-7pm) at the Solon Recreation and Nature Area with occasional away games as partners come on line. Games will be approximately 30 minutes in duration (two 10-minute halves with a 5 minute halftime and 5 minute reset). We will use short-side fields allowing for 2 games to go at once. We will either have established teams or do a mix-match of whomever shows up, depending on the interest level. Teams will consist of 3-5 players.

How to Sign Up? The cost of the program is \$60 and that will include use of a stick for those who need one. No other equipment (aside from a mouthguard) is needed.

Register at <https://go.teamsnap.com/forms/314586>

For more information, visit www.kingfisherlacrosse.com or email us at kingfisherlacrosse@gmail.com!



Kingfisher Lacrosse is a project of the Cedar Rapids – Iowa City Lacrosse Club, a non-profit organization tasked with growing awareness and competitive play opportunities in east central Iowa.