



TRY LACROSSE

Clinics in Cedar Rapids on 12/30 & 1/3

Looking for something new to try? Try America's original game – lacrosse!

It blends speed and agility, develops hand-eye coordination, demands superior conditioning, improves body positioning and requires good footwork, and has some contact to it! If any of those skills translate to other sports you participate in or if you are looking for a new sport, come give lacrosse a try!

Kingfisher, working with Cedar Rapids Parks, is hosting 2 Learn to Play clinics over the holidays. Sessions are Monday, December 30 (11-12:30pm) and Friday, January 3 (11-12:30pm).

Visit CR Parks (<https://crgis.cedar-rapids.org/wbwsc/webtrac.wsc/splash.html>) and search "Try Lacrosse Camps - 311408".

Kingfisher Lacrosse was formed in 2020 to develop youth and high school lacrosse for boys and girls in the Cedar Rapids – Iowa City region. We support competitive play along with learn to play opportunities. In spring 2024, we had 100 boys and girls take the field and three of our teams brought home league or State titles! Check us out at www.kingfisherlacrosse.com or email for more information (kingfisherlacrosse@gmail.com).