



GIRLS INDOOR LACROSSE TRAINING

GIRLS: 3rd - 5th Grade (6 – 7 pm) - **30 max players**

INDOOR HIGHLIGHTS: Six practice sessions with 60 minutes of lacrosse skills, drills and games. Elite development of stick skills, dodging, shooting, positioning and team work concepts.

DATES: Tuesday nights starting March 14th and continues for 5 more Tuesdays ending on April 18th.

LOCATION: Sport Center 481, East Syracuse, NY

COST: \$130

REGISTRATION: Registration can be done online through our website:
www.orange crushlax.com

COME TRAIN WITH THE BEST – ORANGE CRUSH LACROSSE

Top level coaching led by Liz Beville and the Orange Crush Coaching Staff!