

MEADOWBROOK DAY CAMP



Cross Stix for Girls



A beginner lacrosse clinic for 9 to 12 year old girls

Enroll by the day or the week!

June 21 - 25, 2010 9 to 4 p.m.

Sara B. Wantman, an experienced girls' lacrosse coach, and four-year varsity starter at Colby Sawyer College in New London, N.H., will lead the program. Sara's past experience includes coaching at Medfield High (Varsity), Brookline High (J.V. Coach), Belmont Hill Sports Camp (Director of Girls' Lacrosse Program), and freelance coaching positions at various local lacrosse programs. She will be assisted by college or high school players to maintain a 1 to 8 ratio.

This is a beginner level program designed to allow girls the opportunity to try lacrosse. The focus will be on learning the basics of the game: stick handling, passing & catching the ball, shooting, field positions, and strategy. Players may enroll by the week or by the day!

Campers must wear sneakers or cleats and bring

- a lacrosse stick (or call us to reserve a loaner stick)
- a mouth guard
- goggles (provided)
- a bagged lunch with drink
- a bathing suit, towel, pool shoes or flip-flops, and sunscreen for a free swim period

The goal is to have each player go home with improved skills and a better sense of game strategy.

TUITION: \$375/week or \$75/day

Bring a friend or a sibling at 50% off the tuition rate.



Meadowbrook Day Camp, 10 Farm Road, Weston, MA 02493
www.meadowbrook-ma.org/daycamp

781-647-0546