



# Girls Lacrosse “Try-it” / Bring a friend outside, clinic.

All girls 2nd - 8th grade

**When:** Friday March 12th and Saturday March 13th

**Where:** Panther Park - 100 W Bradford Ave Cedar Grove

**What time:** Friday 6:00 p - 7:00 p and Saturday 1p - 2p

Just show up at either or both clinics and give the sport a try with other girls from your grade and schools.

**COST: \$0**, nothing, zip, zilch, zero, nada

**Equipment:** Will be provided for all clinic participants

Lacrosse is one of the fastest growing, most inclusive and least understood sports available to our girls. This clinic is being offered to demonstrate the basic skills of the sport and as an introduction to the opportunities available to participate in learning and playing the game.

US Lacrosse Certified coaches **will provide all equipment necessary to participate in the clinic.** They will instruct the participants the basics of how to play the game and be available to answer any questions parents or players might have about the sport.

Players only need to bring sneakers or cleats (turf field) and appropriate clothing for the weather conditions on the day of the clinic.

Cedar Grove High School currently has a girls lacrosse program in need of experienced players. Current CGHS lacrosse players will be at the clinic on Saturday to assist in instruction and to answer questions about their lacrosse experiences.



# Girls Lacrosse Registration

**All girls 2nd - 8th grade**

<http://www.cedargrovelacrosse.usl.la/>

**COST:** \$145 for 3/4th grade team and \$195 for 5/6th and 7/8th grade teams

**USLacrosse Membership:** \$35 for a player registration

**Equipment:** All new players will be given a lacrosse stick and a practice pinnie. We will also provide each player with a lacrosse ball to take home. Players will be expected to provide their own cleats or turf shoes, moldable mouth guard and goggles.

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**Guarantee:** If your player decides by March 31st that lacrosse is just not for them we will refund your club dues 100% once we get the stick and pinnie back.

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<https://www.leagueathletics.com/Default.asp?org=CedarGroveLacrosse>



Scan the QR code to go to the CGLC registration page.