



Sunday, March 7, 2010

1:00pm - 3:00pm

\$20.00

PLAYERS CLINIC PRESEASON

Players Name: _____

Program: _____

Email Address: _____

Age Group: 1st grade 2nd grade 3rd grade 4th grade 5th grade 6th grade 7th grade 8th grade



PATRIOTS

Clinic by John Carroll women's team

Stick Skills
Individual attack
Individual defense

Schedule (tentative)

1:00pm - 1:20pm warm up, stretch & fun game
1:20pm - 1:40pm stick skills
Water Break
1:50pm- 2:10pm individual attacking
2:10pm - 2:30pm individual defense
2:30pm - 3:00pm Lacrosse scrimmage & games

Mail registration form to: TOP of the BAY sports
1 Meadow Springs Drive
Bel Air, MD 21015
or bring the form with you on March 7th
Please make check payable to: top of the bay sports

www.topofthebaysports.com