

LACROSSE CLINIC 2016



(Ages 7-13)

The US Sports Institute First Play Lacrosse is a wonderful introduction to the sport of lacrosse and is designed for beginner players who have little or no experience in the sport.

The program is taught in a relaxed atmosphere with the emphasis on fundamental skills and technique in order to help all children progress and succeed. Participants will learn how to play lacrosse through a series of fun activities. All equipment is provided for the program which makes it a more affordable way for children to learn the game. The program is non contact so no protective clothing is required.

Location: Borough Fields

Time: 5pm-6pm (AGES 7-9)

Dates: Sept. 20 –Nov. 1

6pm-7pm (AGES 10-13)

Fee: \$125.00

Register at Borough Hall or mail to Recreation Department, 1385 Route 22 East, Mountainside, NJ 07092.

Make checks payable to *Mountainside Recreation Department* or Register online at

www.communitypass.net

www.mountainside-nj.com

Lacrosse Clinic – Fall 2016

First name _____ Last name _____

Street _____

Home phone _____ Parent Cell phone _____

Email _____

Medical Limitations _____

Grade _____ School _____ Date of birth _____ Male Female

My child has been examined by a physician, and to the best of my knowledge is physically fit to participate in a tennis program. Permission is hereby granted to engage in this activity. The Borough of Mountainside, employees, or coaches will not be liable for any injury from this activity. Players are responsible for their own transportation to and from the program. **I understand that state law requires my child to wear protective eyewear that meets national standards during this activity if he/she normally wears corrective eyeglasses.** I give my permission for my child to be photographed, and for the photographs to be used in Recreation Department materials.

Parent's authorization _____

Circle One: Ages 7-9

Ages 10-13

Mountainside Recreation

(908)232-0015

