

Cedar Crest Girls Youth Lacrosse Club

Starting on May 25th, 2021, the Cedar Crest Girls Youth Lacrosse Club will begin instructional clinics for interested players between grades 3-5. The instructional clinics will occur every Tuesday and Thursday (weather permitting) and will conclude on June 24th, 2021. Each training will begin at 5:30 pm and finish at 7:00 pm.

Each training will take place at Cedar Crest High School on the grass field on State Drive.

The purpose of the training is to introduce players and parents to the foundations of girls' lacrosse. Each workout will teach stick skills, passing, groundball practice, and shooting. The training will be based on the principles and guidelines of the US Lacrosse Athlete Development Model. We will introduce and strengthen lacrosse fundamentals and physical literacy.

Sticks, goggles, and lacrosse balls will be supplied for those who attend. The families must provide mouthpieces and cleats. Additionally, all girls that participate must purchase a US Lacrosse membership. Please use the link to join.

<https://www.uslacrosse.org/membership/membership-faq>

Schedule

May 25th

May 27th

June 1st

June 3rd

June 8th

June 10th

June 15th

June 17th

June 22nd

June 24th

Each training session will be coached and monitored by CCHS varsity coaches, former coaches, and former/current players.

For further information, please contact Anthony Sinico.

Email: asinico@clsd.k12.pa.us

Phone: 717-272-2033 Ext. 5114