

FREE LACROSSE CLINIC FOR BOYS IN GRADES 5th-8th

WHEN: Saturday, January 26th from 10:30am-12:00pm

WHERE: Shorewood High North Gym off Oakland Avenue just south of Capitol Drive. Located on the west side of main parking lot. Look for small red "North Gym" sign above doors.

WHO IS ELIGIBLE: Open to boys in 5th-8th grade who are new to lacrosse and live in Shorewood, Whitefish Bay or Milwaukee.

COST: Free

WHAT TO WEAR/BRING: T-shirt, shorts or sweatpants and gym shoes. All lacrosse equipment will be provided.

HOW TO REGISTER: Registration is required. Please register online through the [Shorewood Recreation Department website](#).

WHAT IS LACROSSE? Lacrosse is a combination of soccer, hockey and basketball. Anyone can play lacrosse - the big or the small. It is played with a stick, the crosse, which must be mastered by the player to throw, catch and scoop the ball. The game requires and rewards coordination and agility, not brawn. Quickness and speed are two highly prized qualities in lacrosse. Lacrosse is fast-paced, exhilarating sport and full of action.

ADDITIONAL INFORMATION? Check either the Whitefish Bay or Shorewood Recreation Departments websites for additional spring information regarding practices and games.

QUESTIONS? Contact Kevin Kane: kkane@shorewood.k12.wi.us



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