

# Ridge Girls Lacrosse Fundraising Clinic

Sponsored by the Ridge HS coaching staff and players



## Instructional Clinics for 3<sup>rd</sup> through 8<sup>th</sup> grade girls

The clinic is open to all skill levels from beginner to the experienced player. The players will be divided by grade and skill level to ensure every girl is challenged and has the proper learning environment. The clinic will focus on stick work, defense, shooting, offense and basic game concepts for the beginners and develop defensive and offensive techniques and strategies for the more experienced player. The clinic will use drills and stations as well as create game-like situations to emphasize these skills.

**Sunday, March 22nd**  
**2:00-3:30- Ridge HS Turf**

\$25.00 donation per clinic.

All proceeds of this fundraiser will go towards the Ridge Girls Lacrosse Programs

Please return the below form & check to:

Ridge Girls Lacrosse Clinic

23 Morrison Street Basking Ridge NJ 07920

Checks made payable to: Ridge Girls Lacrosse

Questions? contact Liz Conway @ [lizconway@verizon.net](mailto:lizconway@verizon.net)

Equipment Needed- Stick, Mouth guard, Goggles

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### Parents Consent Form

Name \_\_\_\_\_ Grade \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_ Cell \_\_\_\_\_  
Emergency Contact \_\_\_\_\_  
Phone Number \_\_\_\_\_  
Parent's Name: \_\_\_\_\_ Parent's Email: \_\_\_\_\_  
Parent's Cell Phone Number: \_\_\_\_\_  
Medical Conditions \_\_\_\_\_

Playing Experience- Yes/ No    Years Playing \_\_\_\_\_    Position \_\_\_\_\_

I give permission for my child to participate in the Ridge Lacrosse Clinic and hold the Ridge Lacrosse Program harmless for any injury they could sustain as a result of their participation.

\_\_\_\_\_  
Parents Signature

\_\_\_\_\_  
Date

