

PreSeason Youth Lacrosse Clinics



Sponsored by RLI - Ridge Lacrosse, Inc

The Ridge High School Boys lacrosse team is holding preseason clinics for boys Grades 3-8. These fundraising clinics will give players both new to the game and those with experience an opportunity to work on individual skills as well as game situations to prepare them for the upcoming lacrosse season. The clinics will be staffed by the Ridge High School team with guidance from Coach Ken Marsh, Head Varsity Coach Ridge High - 2010 Group 3 State Champs. The proceeds of these fundraising clinics will go directly to support the Ridge High School Boys Lacrosse teams.

Dates: Sunday, March 13 6:00 – 8:00 PM Ridge Turf

Sunday, March 27 6:00 – 8:00 PM Ridge Turf

Cost: \$25 per clinic **Be dressed and ready to start at 6:00 SHARP!****

The basics of passing, catching, ground balls, shooting, defensive positioning and rules of the game will be covered with the NEW players. The EXPERIENCED players will work on skill enhancement such as stick handling, passing, dodging, shooting as well as face offs and defensive checks.

Registration is limited to a first come first serve basis. The clinics SOLD OUT last year so get yours in early! Registration desk opens at 5:45 on the day of the clinic.

***Players will need to come equipped with full lacrosse gear (helmet, gloves, shoulder pads, arm pads, mouthpiece and stick). Additionally, players should wear cleats or turf shoes.

Any Questions – Contact Mary Palladino (908)766-2010 ridgelaxinc@gmail.com

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PLEASE PRINT CLEARLY

Player Name _____ Age _____ Grade _____

Address _____ Position _____ Yrs. Of Exp _____

School _____ Home Phone _____

Email _____ Emergency Phone _____

March 13 _____ March 27 _____ Both clinics _____

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