



SPRING CLINICS

March 29 - May 17 on Sundays @ 3pm

Six (6) Clinics @ Midvale Field

Designed for Kindergarten, 1st and 2nd Grade Girls in Mountain Lakes & Boonton Township



- Introduce the game of lacrosse through small group instruction
- Teach fundamental skills such as stickwork, proper groundball technique, and basic offensive and defensive skills
- Practice drills and fun games that reinforce instructional concepts
- Coached by former collegiate players and current MLHS Varsity players

It is our mission for all players to learn and develop solid fundamentals, to be good teammates, be competitive, and have fun playing the game of lacrosse.

Sign up at www.foundationslax.com

Directors Jen Topakas and Emily Johnson