

Girl's Lacrosse Stick Work Clinic

This is a great clinic to prepare you for your upcoming season with Bridgewater-Raritan High School Varsity Coach Kathie DeBonis. The development of great stick work is a critical fundamental that can make good players great. Emphasis will be on individual stick skills as well as shooting techniques. Players will be taught skills and drills that they can continue to practice on their own with a partner or wall. Give yourself an advantage this season and sign up.

For: Bridgewater-Raritan girls in grades 3 through 8 (2009/2010 school year)

Date: Tuesday, January 26, 2010
(In case of inclement weather, a make-up dates 1/27 or 1/28 pending)

Time: 6:00pm to 8:00pm

Location: Adamsville School

Equipment: Bring your stick, water bottle and wear sneakers

Cost: \$20.00 Bridgewater-Raritan residents
checks made payable to "Lady Panthers "



Space is limited, registration is based on a first come, first serve basis at the Bridgewater Recreation Department (only 30 spots available). Sorry, no refunds!

Three ways to register! In person at the Bridgewater Recreation Department (Municipal Building – 100 Commons Way) 9am to 5pm Monday to Thursday 8am to 5pm Friday, drop registration off in the "REC" mailbox located on Municipal grounds before or after office hours, or via postal service.

Bridgewater Recreation Department 100 Commons Way – Bridgewater, NJ 08807
(908) 725-6373 office hours 9am to 5pm Monday to Thursday 8am 5pm Friday www.bridgewaternj.gov

2010 Girls Lacrosse Stick Work Clinic

\$20.00 Bridgewater-Raritan Residents
Checks payable to "Lady Panthers "

Last Name: _____ First Name: _____

Mailing Address: _____ Town: _____ Zip: _____

Home Phone #: () _____ Parent Work #: () _____

Parent Cell #:() _____ Parent E-mail Address: _____

Circle Grade as of
September 2009-2010 school year: 3 4 5 6 7 8

This is a contact sport. Injuries may occur. Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

Parent/Guardian Signature

____/____/____
Date

