

Lacrosse Clinics

Fall: Sept. 10th – Oct. 29th



Location

High Velocity Sports
46245 Michigan Ave
Canton, MI 48188

For More Information

Cara Braun
Youth Activities Manager
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Class Fees

8 Weeks - \$128*
Adv. Shooting Clinic 8 weeks - \$240**
Box Lacrosse Clinic 8 Weeks - \$160

Additional Information

Annual membership required
(\$20 per person/ \$40 per family)



Register Today!

www.hvsports.com

(734) 487-7678

Open Enrollment—Join Late, We Will Pro-Rate!

Class Name & Age Range	Tuesday
Mini Sticks Lacrosse 2 nd -4 th Grade* (coed)	5:30 pm
Intro Lacrosse 5 th -9 th Grade* (coed)	
Advanced Shooting **	5:30 pm
Middle School Box Lacrosse	6:30 pm
Varsity Box Lacrosse	7:30 pm

Mini Stix: This fun, safe, and exciting introduction to lacrosse is a fantastic way to learn the game, develop hand-eye coordination, and have a blast with friends! Using soft sticks and balls, this clinic teaches the fundamentals of the sport of lacrosse through a series of age-appropriate games and drills. **Equipment is provided.**

Beginners: As the fastest growing sport in the country, lacrosse is attracting new players every day. Players will learn how to pass, catch, cradle, scoop, and shoot. No equipment or previous experience is required. Players are welcome to bring their own sticks, or they can borrow one for the class.

Box Lacrosse: After progressing through our Mini Stix & Beginners options, the Box league offers the next level of training. With full pads and equipment, players experience the full version of field lacrosse. Training sessions will feature fast paced, box-specific training combined with scrimmage time. Players will develop stick skills, transition offense and defense, scoring ability, and lacrosse IQ. Goalies receive 75% off dues. Box goalie pads are also available to use for new goalies.

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