



### 3<sup>rd</sup> Annual Summer Practice Program!

So you've worked really hard on learning or refining your skills over the past season, but don't want them to get dusty over the summer months? **Keep them fresh by joining the practice program held in Hartland!** No more long distance traveling, low participation rates or sub-par facilities with less than skilled instructors!

Varsity Coach Christine Hite is holding a lacrosse clinic for 6 weeks over the summer. **It is important to continue to build on your lacrosse talent during the off season.** Please take advantage of this program! It is a fun and exciting way to keep your skills active.

**It only requires one week night on TUESDAY's!**

<b>Beginner through 2 years experience*</b>	<b>6:00pm – 7:30pm</b>
<b>3+ years experience*</b>	<b>7:30pm - 9:00pm</b>

**\*Sessions are subject to be combined based on registration numbers.**

**The Beginner to 3 years experience group:** No age restrictions. Main goal is to enforce fundamental skill building in stick work, ground balls, and shooting. It will look much closer at the offensive skills necessary at the top high school level. We will work on proper defensive strategies as well as body positioning as a defender. We will also touch on transition, draws, clears, strategy and acceptable habits of what it means to be a team player while demonstrating top notch sportsmanship qualities. Basic 2v3 and 3v3 scrimmages will take place.

**The 3+ years experience group:** No age restrictions. Its main goal is to enforce the strategies and etiquette of an elite high school player. Refined defensive body positioning, fundamental stick skills, and several other advanced techniques will be looked closely. High level scrimmages (4v4 & 5v5 etc) and situational advice will be given during this session.

**Cost:** This year is **\$65 per person** and it includes a year's membership to US Lacrosse!

[www.uslacrosse.org](http://www.uslacrosse.org). Registrants will also receive a free tee shirt as part of the clinic.

(If you already belong to US Lacrosse, an alternative item will be arranged)



**Practice Program start date is June 15<sup>th</sup>** with sequential dates of June 22, 29 & July 13, 20, 27<sup>th</sup>. Possible Rainout makeup date: July 27<sup>th</sup>

**Location is TBA. You will be notified via email.**

**\*\*No REFUNDS will be issued after June 15<sup>th</sup>.**

Please fill out the attached form and return (mail it) promptly to secure your spot in this program! Questions? Call 517-404-0151



Please mail completed registration and check to:  
 Christine Hite  
 528 Victoria Square  
 Brighton MI 48116

**3<sup>rd</sup> Annual Summer Practice Program  
 Registration Form**

**PRINT CLEARLY TO ASSURE COMMUNICATION IS CORRECT!**

<b>Name:</b>
<b>Grade:</b>
<b>Primary Email Address:</b>

**REGISTRATION INFO:**

Place "X" in session registering for

<b>Beginner through 2 years experience</b>	6:00pm – 7:30pm	
<b>3+ years experience</b>	7:30pm - 9:00pm	

<b>Tee-shirt Sizes: (Adult Sizes, please circle) S M L XL 2XL</b>					
<b>Emergency Contact:</b>					
<b>Phone Number:</b>					

**Are you a current member of US Lacrosse? Please check appropriate box below. If have a membership ID (either past or presently), please include it.**  
[www.uslacrosse.org](http://www.uslacrosse.org)

YES?	
NO?	
NOT SURE?	

**WAIVER AND RELEASE:**

FOR GOOD AND VALUABLE CONSIDERATION, RECEIPT OF WHICH IS HEREBY ACKNOWLEDGED, WE THE UNDERSIGNED, FOR OURSELVES, OUR HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE, RELEASE AND FOREVER DISCHARGE HARTLAND LAX EAGLES PRACTICE PROGRAM OR THE HARTLAND LACROSSE PROGRAM, ITS STAFF, OFFICERS, AGENTS, REPRESENTATIVES, EMPLOYEES, SUCCESSORS OF AND FROM MANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES, RESULTING FROM INJURY OR PROPERTY WHICH MAY BE SUSTAINED OR OCCUR DURING PARTICIPATING IN CAMP ACTIVITIES OR ARISING FROM TRAVEL TO OR FROM CAMP, WHETHER SAID DAMAGES, INJURY OR LOSS ARE DUE TO NEGLIGENCE OR NOT.

Applicant's Signature \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_

Parent or Guardian's Signature \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_