

# SUMMER 2025 GIRLS LACROSSE CLINIC



Join the Orleans Rec for this clinic and learn and improve your skills in this fun and growing sport!

*The ultimate goal of this program is to keep girls excited about the sport and enhance their skills!*

**Experienced levels:** This level is open to all players who have participated in at least one season of organized lacrosse. It aims to reinforce fundamental skills while introducing more advanced techniques, such as using the non-dominant hand, exploring strategy and mental aspects of the game, and engaging in scrimmages. Additionally, more experienced players will have the opportunity to assist in teaching and guiding.

**MONDAYS - JULY 7TH - AUGUST 11TH**

**(RAIN DATES ARE TUESDAYS)**



- ✓ ALL EXPERIENCE LEVELS: 5:00 – 6:15 PM
- ✓ WHO: Girls in grades 3rd – 8th (entering in September 2025)
- ✓ WHERE: Volunteer Field – Orleans (behind the Orleans Elementary School)
- ✓ REGISTRATION FEE: \$30R/\$45NR/Per Person

Players should wear sneakers or cleats and bring a mouthguard and water bottle.  
The sessions will be led by a USA Lacrosse Level 2 certified coach.

**Volunteer Field (behind the Orleans Elementary School )**  
46 Eldredge Park Way, Orleans, MA 02653



**Registration Website:**  
[www.orleansrecreation.com](http://www.orleansrecreation.com)



**For more Information:**  
508-240-3700 ext.2333