

CENTRAL LACROSSE

GIRLS LACROSSE CLINIC

Perfecting fundamentals is how GOOD players become GREAT.

Sunday, April 23rd

(two separate sessions)

1st, 2nd, 3rd and 4th grades: 10am-12pm

5th, 6th, 7th and 8th grades: 12:30pm-2:30pm

Locations:

West Morris Central High School Gym (*or GLAX field if weather permits*)

Address: 259 Bartley Road, Chester, NJ 07930

Fee:

\$35 (*includes T-Shirt if registered before April 1st*)

Make Checks Payable to:

WMC Parents Lacrosse Club

Complete this form and send with payment to: 1 Crest Drive, Long Valley, NJ 07853

PLAYERS MUST WEAR SNEAKERS & SUPPLY OWN EQUIPMENT:

lacrosse stick, goggles, mouth piece, certified goalie equipment (*goalies only*)

Player Name: _____ Grade: _____

Parent(s) Name: _____ T-Shirt Size: (*circle one*)

Parent (s) Cell Phone: _____ YS YM YL AS AM AL

Parent(s) Email: _____

I verify that my child is physically fit and able to participate in this clinic. I understand and assume all risks resulting in her participation in this clinic and hold the WMCHS coaches, players, Parents Club and WMC High School harmless for any liability, claims or demands which may arise in connection with this clinic.

Parent/Guardian Signature: _____ Date: _____

Insurance Company: _____ Policy #: _____

WMC CLINIC STAFF

Catherine Seals

*Head Coach, West Morris Central
2005 Graduate of Rutgers, The State University of NJ
Rutgers Women's Lacrosse Team (4yr starter), Division I
Two-time Team Captain for Scarlet Knights
Rutgers Defensive Player of the Year
Four-time All Big East Team Selection
Four-time All Big East Academic All-Star Team
Preseason All-Big East and All American Team Selection
IWLCA Mid-Atlantic All-American
STEPS Elite Head Coach
West Morris Central Alumni ('00)*

THE 2017 WMC GLAX TEAM

OUR GOAL IS TO PASS ON OUR KNOWLEDGE OF THE GAME, BY TEACHING FUNDAMENTAL MECHANICS AND PROPER TECHNIQUES THAT PLAYERS CAN TAKE AWAY AND PERFECT ON THEIR OWN.

WE ARE COMMITTED TO CREATING A POSITIVE EDUCATIONAL ENVIRONMENT FOR ALL PLAYERS AT EVERY LEVEL.

GO WOLFPACK!