

SHORE YOUTH LACROSSE 2023 FALL SOFT LACROSSE PROGRAM

- ✓ LEARN ALL BASIC LACROSSE SKILLS
- ✓ BUILD SELF-ESTEEM & SELF-CONFIDENCE
- ✓ DEVELOP HAND/EYE COORDINATION
- ✓ ENHANCE FOOT SPEED
- ✓ IMPROVE LEADERSHIP & TEAMWORK ABILITIES
- ✓ LEARN GOOD SPORTSMANSHIP
- ✓ GRADES INCLUDED K THRU 8th

Shore Youth Lacrosse is once again excited to offer a fall soft lacrosse program! In addition to K thru 2nd grade, we once again offer 3rd thru 5th and 6th thru 8th grade levels. This program is a great way to introduce children to the sport of lacrosse in a fun and non-intimidating atmosphere. For the first time, this 3-week program will take place at Gatta Park in Oceanport on the turf. Program dates/times are as follows: 4-5pm on Saturday 10/7, 10/14, and 10/21.

What is Soft Lacrosse?

Soft Lacrosse provides a highly safe, non-contact environment for Boys & Girls to learn the basics and key fundamentals of a true American sport (originated by American Indians).

What are Training Sessions?

Each week, players will participate in a 60-minute training session instructed by Shore Youth Lacrosse coaches (along with the help from Shore Regional High School lacrosse players). These sessions are designed to teach different lacrosse skills such as catching, throwing, cradling, and scooping - which are reinforced with small game scrimmages.

What equipment is required?

Players only need to bring a lacrosse stick and mouthguard. No other equipment is required BUT this season we are having gloves be an optional piece of equipment for our Boys team participants.

What is the cost?

The program fee is \$35. Also, all participants will need a valid USA Lacrosse membership (cost \$30/year)

*****If you would like to register, you can click on the following link or enter it into your browser:**

<https://go.teamsnap.com/forms/395044>

Please register by Monday, October 3rd!

Any questions? Contact: Casey Galvin at (732)996-6512 or galvincasey@gmail.com

Join The Shore Youth Lacrosse Family Today!!!

