

<http://www.achievejax.com/pages/training/quicksticks.html>

Quick Sticks Lacrosse Clinics 2009
Presented by: Mass Elite and Achieve Lacrosse

<u>Scituate High School</u>	<u>Holliston High School</u>	<u>Milton High School</u>
Day: Mon - Thurs	Day: Mon – Thurs	Day: Mon – Thurs
Dates: July 6, 7, 8, 9	Date: July 13, 14, 15, 16	Date: July 27, 28, 29, 30
Time: 9:00am-1:00pm	Time: 9:00am - 1:00pm	Time: 9:00am - 1:00pm
Div: grades 5-8 & High School	Div: grades 5-8 & High School	Div: grades 5-8 & High School

Clinic Directors: Leslie Frank and Scott Biron

Clinic Coaches: Leslie Frank/Westwood, Paula Evans/Scituate, Scott Biron/Mass Elite, Rachel Stevenson/ Ashland, Nicole Evans/Plymouth State, Meredith Frank/Northwestern, Alex Frank/Northwestern, Ali Jacobs/Northwestern and guest Mass Elite coaches.

Quick Stick Lacrosse is designed to welcome new players, improve current player's skills, and challenge elite players. The clinics will provide a complete training program: beginning with basic skills, individual techniques and position specific instruction and followed by team concepts, attack and defense game strategies, small sided games, and competitions. Players will need goggles, stick, mouth guard, sneakers for grass field turf, and water bottle.

Cost per participant: \$275.00 ~ Family discount: deduct \$25.00 per player.

NEW for 2009 - Quick Sticks will included Goalie Specific Training each session, space is limited, we will except registration from only eight (8) goalies per location.

The cost per goalie is \$200.00 per location.

To register select venue below:

[Quick Stick Scituate](#) [Quick Stick Milton](#) [Quick Stick Holliston](#)

[Goalng Training Scituate](#) [Goaling Training Milton](#) [Goaling Training Holliston](#)

Confirmation of receipt of registration and payment will be e-mailed one week prior to clinic date.

For questions contact Paula Evans or Leslie Frank at 781-344-4465
pevans@masselite.com

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Bob

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