

XCEL LACROSSE

2009 Girls Youth Train & Play Program

Begins Tuesday, June 30th at Lundblad Field in Southborough

Program Snapshot:

- 45 minutes of lacrosse instruction
- 45 minute game/scrimmage
- Qualified instructors and coaches
- An on-site league director for all games

League Sponsors



2009 Youth Summer Lacrosse
Camps

Quick Links

- [XCEL Website](#)
- [Boys Train and Play](#)

Greetings!

The **2009 XCEL Lacrosse Girls Youth Train and Play Program** will take place at **Lundblad Field** in Southborough beginning **Tuesday, June 30th**. This league is for youth level players age 10-14 years old.

The first 45 minutes of each session is structured like a lacrosse clinic. The XCEL Lacrosse coaching staff will teach and reinforce essential lacrosse skills and concepts. Following the training portion, players will participate in a 45 minute game where the skills players just learned can be applied in a fun and productive way. Coaches will continue to guide players during the games.

All games are played at Lundblad Field in Southborough, MA. Located off of Rte. 9, the field is just minutes from I-290 and I-495. Goggles/eye protection and a mouth guard are required. Cleats are recommended on the natural grass surface.

Program Information:



DATE: Tuesday evenings beginning June 30, 2009

TIME: 5:00-6:30 p.m.

LOCATION: [Lundblad Field](#) - Southborough, MA

COST: \$115 per player
6 sessions of lacrosse instruction and games

[Click here for complete league information...](#)

[Download Girls' Summer Program Registration](#)



Please don't hesitate to contact us with any questions or for information on team registration.

Sincerely,

Chris Widelo, Director
XCEL Lacrosse Leagues
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