



SAN JOSE EXTREME Girls Lacrosse 2009 Skills Workshops



Looking to improve your game? Join us to learn proper playing techniques, compete and have fun!!

WHO: U13, U15 and High School Players

WHAT: Strengthen your lacrosse playing skills

WHERE: Kirk Community Center, Foxworthy & Meridian Ave

WHEN: Sunday afternoons, Oct 18 – Nov 15

1 – 3 pm: Players with 0 – 3 yrs experience

3 – 5pm: Players with 3 – 5+ yrs experience

GUEST COACH: *STICK WITH IT!* Coach Amy McCleary, 2009 World Cup Coach of England, two-time All-America midfielder, three time World Cup Coach, and former Division I coach, will join us on Oct 18th & Nov 1st to provide player skills development and tactical game playing strategies.

\$185 Player Registration Fee which includes:

- 10 hours of practice and drills. Each player receives 4 hrs of on the field training with Coach McCleary.
- Coaching staff includes former top collegiate women lacrosse players – Coach Jessica Paige, Coach Marie Farina, Coach Ann Weitz and Coach Jamie Staundt
- Lacrosse shirt with number and logo
- Opportunity to play in the *STICK WITH IT!* Turkey Shoot Tournament Sun, Nov. 22. Coaching Staff will assess player skills on Nov. 15 and select the players who will be awarded the opportunity to play in the tournament. An additional per player tournament fee will be collected on day of tournament.

There are a limited number of registration spots available.

Visit www.sjextreme.org and register today!