

## Event Schedule

### MIDDLE SCHOOL DIVISION

9:30–10:30 AM Goalie Clinic

10:30-12:00 PM Players & Goalies

12:00 PM Lunch Break

### HIGH SCHOOL DIVISION

1:00-2:00 PM Goalie Clinic

2:00-4:00 PM Player & Goalie Clinic

## Registration / Contact Information

This clinic is part of the Rainz fall program. To register please visit the Rainz website  
OR  
Contact Jaime Webster for Guest Player Inquiries.

Jaime Webster, Seattle Rainz Director.

E-MAIL: [J\\_Webster@mac.com](mailto:J_Webster@mac.com)

[WWW.SEATTLERAINZ.COM](http://WWW.SEATTLERAINZ.COM)

[WWW.STICKWITHITLACROSSE.COM](http://WWW.STICKWITHITLACROSSE.COM)

## Seattle Rainz Presents

# ***STICK WITH IT!***<sup>TM</sup> FALL LACROSSE CLINIC

With Coach Amy McCleary



Middle School & High School Divisions

October 25<sup>th</sup> at Marymoor Park,  
Turf Field #4



## Coaches

### COACH AMY MCCLEARY



- Owner & Director of **STICK WITH IT!**<sup>TM</sup>
- 2009 World Cup Coach for England
- 2006 IFWLA Recognition Award
- World Cup Coach for Germany '05 & '01
- Division I Coach: James Madison University, University of Delaware, California-Berkeley
- Conducted clinics in Canada, England, Japan, Germany, Scotland and throughout the U.S.
- Two Time All-American Midfielder
- Competed in the International friendship Games in Tokyo, Japan

## **STICK WITH IT!**<sup>TM</sup>

Our mission is to enhance the lives of females by promoting and maintaining the integrity of women's lacrosse, while aiding in the development and building the character of the female athlete. We are women, who share a passion for women's lacrosse and want to engage in mentoring female athletes and providing them with the tools to use on and off the field that will be applicable to their lives now and in the future. **STICK WITH IT!**<sup>TM</sup> is not just our name, but our motto as well as our state of mind, which players can adopt now and maintain for life.

## Clinic Information

**SUNDAY, OCTOBER 25<sup>TH</sup>**

These clinics will provide players with the opportunity to interact with high caliber coaches who have had elite experience coaching and playing with some of the best women's lacrosse players in the nation.

### MIDDLE SCHOOL CLINIC

This clinic is designed for Rainz players, grades 6-8. The goal of the clinic is to help youth players develop good lacrosse skills and habits, and to introduce them to lacrosse at a higher level of play.

### HIGH SCHOOL CLINIC

This clinic is designed for Rainz players in grades 9-12. The goal of the clinic is to help introduce advanced lacrosse skills into the player's game, as well as polish up current skills and techniques.

## Seattle Rainz

Seattle Rainz is a subsidiary of Starz Lacrosse Club, an elite program created to provide additional instruction and competition to high school and youth girl's lacrosse players. Designed to compliment local youth and high school programs, Rainz takes committed players and provides the opportunity to compete and learn beyond their regular lacrosse season.