

# SUMMER 2022 SKILLS TRAINING PROGRAM



This 8-week session is designed to offer an opportunity to introduce lacrosse to new athletes, help sharpen player skills and even offer game situation training to more experienced players.

**June 1 - Aug. 1 (July 4th week off) Garrett Park, Shwanee KS**

- **High School Program: Monday & Wednesday Nights: 5:00 pm - 6:30 pm**
  - **Cost = \$299 (with 2 tournaments)**
  - **Cost = \$149 (practice only)**
- **Youth Program: Wednesday Only: Cost = \$99**
  - **Skill builder = 6:30 pm - 7:30 pm**
  - **Game builder = 6:30 pm - 8:00 pm**



**Scan To Register**

## FAQS:

**My child has never played - Can he sign up?** Yes, this program is designed to introduce new players to the game of lacrosse!

### **What do I need to participate?**

- Registrants must register for a US Lacrosse number, good for 12 months. Obtain a number at [www.usalacrosse.com/membership](http://www.usalacrosse.com/membership)
- Equipment: lacrosse stick, helmet, shoulder pads, elbow pads, mouth guard, protective cup, and cleats. *Dick's Sporting Goods* in Leawood and *Play It Again Sports* are good options. The club has some used equipment, contact us for more information.

**Who is leading the program?** Our coaches have a lifelong love for lacrosse. Our goal is to keep the player-coach ratio as low as we can, so we can provide the best experience possible.

**I know nothing about lacrosse, who do we contact with questions?** Mill Valley hosts lacrosse 101 for parents each spring, as have families who have years of experience under our belts. Email us at [millvalleylax@gmail.com](mailto:millvalleylax@gmail.com), we will find someone to help!

