



Girls Lacrosse Clinic

Sponsored by the Ridge HS coaching staff and players



Instructional Clinic

3rd through 8th grade girls

The clinic is open to all skill levels from the beginner to the experienced player. The players will be divided by grade and skill level to ensure every girl is challenged and has the proper learning environment. The clinic will focus on stick work, defense, shooting, offense and basic game concepts for the beginners and develop defensive and offensive techniques and strategies for the more experienced player. Goalie instruction is also available. The clinic will use drills, stations and full field games to emphasize all skills.

Sunday, March 18th
2:30-4:30 - Ridge HS Turf

\$25.00 donation

All proceeds go towards the Ridge Girls Lacrosse Programs

Please return the below form & check to:

Girls Lacrosse Clinic

c/o Maryanne Farrell

49 Belle Grove Court, Basking Ridge, NJ 07920

Checks made payable to: Ridge Girls Lacrosse

Questions? contact Maryanne Farrell @ JWFarrell1@aol.com

Equipment Needed- Stick, Mouth guard, Goggles

Parents Consent Form

Name _____ Grade _____

Address _____

Phone _____ Cell _____

Emergency Contact _____

Phone Number _____

Parent's Name: _____ Parent's Email: _____

Parent's Cell Phone Number: _____

Medical Conditions _____

Playing Experience- Yes/ No Years Playing _____ Position _____

I give permission for my child to participate in the Ridge Lacrosse Clinic and hold the Ridge Lacrosse Program harmless for any injury they could sustain as a result of their participation.

Parents Signature

Date

