

WESTERN SPRINGS LACROSSE

www.wsprings.com/lacrosse

Winter & Spring Lacrosse Programs for 2019 Registration starts December 7th.

1. Online at <https://recregistration.wsprings.com> or
2. Click on for [Registration forms](#) for boys & girls house programs for winter & spring 2019. Return form to: Western Springs Recreation Center, 1500 Walker Street, Western Springs, 60558 or
3. Fax to 708-246-1309

Western Springs Lacrosse offers programs for boys and girls, K thru 8th grade for beginners, experienced and advanced players. Both Travel & House programs are available.

See below for program descriptions

Registration is open to all including Western Springs, Hinsdale, Lagrange, Lagrange Park, Countryside, Riverside, Brookfield, North Riverside, Clarendon Hills, Burr Ridge, Oak Brook, Pleasantdale, Willowbrook, Downers Grove and all surrounding areas.

Boys Winter Intro to Lacrosse

BEGINNERS ONLY - K – 2nd grade

Dates: Sundays, Jan 27 – March 10
Time: 3:30 – 4:45 pm
Location: Grand Ave Gym
Fee: \$90.00 R/NR
Code: Grade/Age
220245 A K-2nd
Instructors: Spring League Coaches/College/High School

Introduce and develop basic skills using fun games and coaching techniques. We will use a soft ball. Player can bring their own stick or we will have sticks available. No other equipment is necessary.

Contact kletten@wsprings.com for more info.

Boys Winter Skills Clinic

Beginners and experienced from K – 8th grade. Lacrosse focus will be on learning lacrosse skills in offense, defense and game strategies. Emphasis in scrimmages will be on skill development, teamwork, and sportsmanship.

Dates: Sundays, Feb 3rd – March 17th (no 2/17)
Time: 1- 2:30pm
Location: Westmont Yard
Fee: \$170.00 R/NR
Code: Grade/Age
220245 B K-4th
220245 C 5th – 8th
Instructors: Spring League Coaches/College/High School

220245 AS Equipment Rental includes stick, helmet, pads & gloves

REQUIRED EQUIPMENT: K thru 8th grade: Lacrosse stick, mouthpiece, lacrosse or hockey helmet with face guard; shoulder pads, elbow pads, lacrosse gloves, and cup. No cleats
STICK REQUIREMENT - STX Boys' Stallion 50 Lacrosse Stick Approx \$30 at Dicks

Contact kletten@wsprings.com for more info.

Girls Winter 2019 Lacrosse

WINTER GIRLS LACROSSE SKILLS CAMP

Indoor Play is a different—but equally fun—experience from that of traditional outdoor lacrosse. The field is smaller and faster, and the walls are the boundaries. Indoor winter lacrosse is a perfect way to keep your skills intact between fall and spring, or to try the sport for the first time. IGLA Winter Camps & Clinics are designed for K – 8th graders of all experience levels.

Grades: K-8th grade
Days: Wednesdays, 6 – 7pm
Location: Grand Ave Gym
Min/Max: 10/30
Coaches: Illinois Girls Lacrosse Association
Fee: \$130.00 R/NR
Session 1 Code 270244 G Jan 9 – Feb 13
Session 2 Code 270244 H Feb 20 – March 27

For more information on girl's house lacrosse, email Kelly kletten@wsprings.com.

REGISTRATION INFO

All boys & girls programs for winter and spring 2019 registration open Dec 7th

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- Click here for [Registration forms](#).
- Return form/s to: Western Springs Recreation Center, 1500 Walker Street, Western Springs, 60558
- Fax to 708-246-1309

All dates, fees and information are subject to change

Like us at [Facebook.com/westernspringslax](https://www.facebook.com/westernspringslax)

Questions or info? www.wsprings.com/lacrosse, call 708-246-9070 or

Email mthuma@wsprings.com for boys travel programs

Email kletten@wsprings.com for boys house programs & girls programs