



THE **WESTHILL GIRLS' LACROSSE STAFF** INVITES YOU TO THE

WINTER LACROSSE CLINIC

SPONSORED BY **BLUE WAVE**

Who: **Girls currently in grades 3-8** enrolled in the Westhill School District

Where: Westhill High School gymnasium

When: January 5, 2019

Session One (Grades 3-5)--12:00 PM-1:30 PM

Session Two (Grades 6-8)--2:00 PM-3:30 PM

Cost: **FREE! This event is sponsored by the Blue Wave.**

Info: This clinic will focus on lacrosse fundamentals for girls with or without lacrosse experience. Girls should bring their own sticks, mouth guards, and goggles to the clinic. If you do not have equipment, please indicate so in your registration email and we will do our best to help.

Registration: The **registration deadline is Thursday, January 3, 2019** by email to Coach Bob Elmer at rmelmer@hotmail.com. In your email, please include the following information: **athlete's name, grade, and parent email address** (if different from registration email address). You will receive a confirmation email.

IMPORTANT NOTE: On the day of the clinic, athletes must also bring a signed copy of the registration form below. Athletes who do not bring the signed form will not be able to participate.

Student Athlete's Name: _____

Grade: _____

Parent/Guardian Name: _____

Parent Email: _____ Parent Phone: _____

*I give permission for my child to participate in the Westhill Girls' Lacrosse Clinic. I waive and release the camp, its staff and the Westhill Central School District of any/all liability from injury or illness incurred at this event.

Parent/Guardian Signature: _____

Emergency Contact Name: _____ Emergency Phone: _____