

# Army and Navy Academy **LACROSSE CLINIC**

Please join the ANA Lacrosse Club for the first lacrosse clinic! The four-week clinic will cover all the basics for the beginner player while providing challenges to the more experienced player to sharpen their skills. We are planning to form a competitive ANA lacrosse team next year and hope that this clinic will be the beginning of a great team!

We are very excited to have Lyle Tomlinson, Shooterz Lacrosse, Director of Operations, available to personally coach the clinic. Lyle's coaching experience includes both the university level at San Diego State University and the high school level as well as various camps. Lyle's player experience includes San Diego State University, having earned the WCLL All Star Player award.

The game plan:

- When: Four consecutive Sundays, April 13 – May 11
- Time: 4:00 pm -5:45 pm (to be confirmed)
- Where: (Field to be confirmed)
- Who: Any interested ANA Cadet (no prior experience required)
- Gear: Lacrosse Stick & Helmet, full gear encouraged but not required
- Cost: \$75 per cadet (details forthcoming upon confirmation on payment method)
- Contacts: LAX Moms ~ Kathrine Kimball 925/426-5510 or Tracey Rose 760/889-2728

*We will contact each parent that returns the attached information form once the clinic and final details have been confirmed. If you have any questions in the interim, please contact either Kathrine Kimball, Tracey Rose, Dean Leasure, or Mr. Quan.*

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Cadet: \_\_\_\_\_

Grade: \_\_\_\_\_

Years of LAX Experience: \_\_\_\_\_

Preferred Position: \_\_\_\_\_

Parent Contact Information: \_\_\_\_\_

\_\_\_\_\_

Suggestions: \_\_\_\_\_

Please return to either Kathrine Kimball or Tracey Rose by Sunday, April 6.