



University of Minnesota
Girls Lacrosse Pre-Season Player & Coaches Clinic

- Who:** Beginning, intermediate and advanced players (5th-12th grades)
When: Sunday, February 21 (11:30am – 3:30pm) (Reg/Check in begins at 11am)
Where: University of Minnesota Fieldhouse
1800 University Ave SE
Minneapolis, MN 55455
Cost: \$80 (Field players and goalies)*
\$40 (Coaches)**
Donation: *Voluntary* – bring emergency supplies listed on attached flyer to donate to help surviving children in Haiti.



**Field players* will be placed in small groups based on experience and can be placed with team mates from school team - learning and practicing the latest stick skills in the women's game; core conditioning with kettlebells; improving your first step through speed training drills; developing more advanced shooting and defensive techniques; learning basic rules of the game (if first-year player). *Goalies* will receive specialized training. (USLacrosse membership not required.)

***Coaches* will receive drill packets (new drills for speed training, etc.) and rotate among player stations to learn more from clinic coaches about conditioning their athletes, goalie drills, defensive strategies, shooting skills, etc.

Please note each year's clinic has new drills, new structure so coaches and players are not repeating what they've already learned!! We like to keep things innovative and fun each year!!!

Clinic Staff:

- UofM women's lacrosse players (#18 in the WDIA for 2010 USLacrosse Preseason poll!)
- UofM Head coach (and attack coach), Jan Holdsworth, the 2008 WDIA Co Coach-of-the-Year
- UofM Asst coaches, June Wheeler (goalies/defense); Emily Gray (defense/midfield)
- Guest coaches who are former NCAA DI and DIII players

Registration Information:

- 1) Register in advance by mailing attached registration form and check to Lacrosse Connections, LLC. (Mail to: Erin Searcy Larson, 414 Fulton Street, St. Paul, MN 55102 by February 18th). ***Clinic proceeds will go to the Gophers team to help defray the costs of their travel to play nationally-ranked teams across the U.S.***
- 2) Day-of registration and check-in will begin at 11:00am on the day of clinic at the Fieldhouse.

Equipment:

Please bring your lacrosse stick, goggles, mouthguard, indoor running shoes, water bottle, and snack if needed. (Goalies, please bring your equipment!)

The University of Minnesota is an equal opportunity educator and employer.
This publication is available in alternative formats upon request.
Please contact Kori Shingles, Sport Clubs Program, 108 Cooke Hall,
1900 University Ave SE, Minneapolis, MN 55455, 612.626.8014