

LACROSSE



In Nebraska? Yes!

Lacrosse is one of the fastest growing sports among youth in America. Youth, High School (both boys & girls) and Men's lacrosse programs are available in the Omaha Metro area at recreational, club, and travel levels.



FREE CLINIC

Open to Boys & Girls ages 8 thru High School

Saturday, January 14, 12:30pm-1:30pm

no equipment needed ~ indoor

Bellevue Junior Sports Association

1001 High School Dr, Bellevue, NE 68005

Please watch the BJSA website (bjsa.net) for cancelation due to inclement weather.

Lacrosse combines the skills of basketball, soccer, and hockey into a fast paced, high endurance test of strength and agility. Played on a field area roughly the size of a football field, the cardiovascular, strength and fast footwork gained by playing lacrosse are qualities that can have a tremendous positive impact on players and carry on to other sports. There are many professional coaches & athletes that played lacrosse as a youth, in high school, and college.

This free clinic is being sponsored by the Omaha Lacrosse Club, Papillion Knights, & Lady Knights lacrosse high School teams.

Questions: Contact us at papillionlacrosse@gmail.com

