



# White Bear Lacrosse Boys

## YOUTH SKILLS CLINIC

### COME WARM UP THIS WINTER AT OUR MONDAY NIGHT LACROSSE SKILLS CLINIC

Join other White Bear Lake Lacrosse players for some fun and learn new skills this winter indoors at the MN Loons Training Center, centrally located in Roseville. All sessions directed by the fabulous Loons training staff lead by White Bear Lake Area High School Boys Varsity Lacrosse Head Coach, Brandon Husak. Whether you're a beginner or experienced lacrosse player, you'll come away with new skills to improve your game!

#### CAMP GOALS

Develop individual skills, offensive and defensive strategies, goalie techniques, team concepts, and increasing lacrosse IQ.

#### EQUIPMENT NEEDS

Full equipment is required at all levels.

#### NO EQUIPMENT?

A limited supply of new/used equipment will be available for new players to buy for the clinic and the option to sell back their equipment at the end of the clinic. To reserve your rented gear, email WBLAX Boys Director, Ty Raleigh, at [tyraleigh@gmail.com](mailto:tyraleigh@gmail.com).

#### COST

\$85

#### LOCATION

MN Loons Lacrosse Training Center at 1633 Terrace Drive in Roseville, MN 55113.

#### REGISTRATION and DEADLINE

First come, first serve. Online registration **opens 1/3/19** is available via our secure SportsEngine website: [www.wblax.com](http://www.wblax.com). Participants must have a current and valid U.S. Lacrosse membership. (Join or renew your membership at [www.uslacrosse.org](http://www.uslacrosse.org)).

**Please register by January 21<sup>st</sup> so we can determine how many sessions we will need.**

*Sponsored by the White Bear Lacrosse Association. This program is not sponsored by or affiliated with the White Bear Lake Area Schools and the flyers were not printed at district expense.*



### TRY LACROSSE FOR FREE - BEGINNER SESSION

Saturday, January 12<sup>th</sup> from 3:00-4:00 p.m.

**TRY LACROSSE FOR FREE - Beginner Session** will be offered on Saturday, January 12 from 3:00 – 4:00 p.m. at the Loons Training Center in Roseville, for boys of all ages who want to try out the sport. Equipment will not be required for this free beginner session. We will provide a stick to use or you can bring your own. Registration is free by simply going to [wblax.com](http://wblax.com).

### SESSION DATES/TIMES FOR PAID CLINIC

AGE LEVEL	ESTIMATED SESSION TIMES*
Boys - U8/U10/1 <sup>st</sup> Year U12	5:30 – 6:50 p.m. Estimated*
Boys - 2 <sup>nd</sup> Year U12/U14	7:00 – 8:20 p.m. Estimated*

*\*All times are subject to change depending upon how many players sign up for each age group.*

### DATES (session dates blocked in orange)

#### JANUARY 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
27	28	29	30	31		

#### FEBRUARY 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

### ADDITIONAL TRAINING OPTIONS

January 3<sup>rd</sup> – February 26<sup>th</sup>

*If you would like to train more than one day per week, we recommend you check out the Loons Elite Training Sessions (ETS). This training is not affiliated with White Bear Lacrosse but is ran by the Loons training staff. They have training options that range from 1 to 3 times per week from January 3<sup>rd</sup> to February 26<sup>th</sup>. More information and registration for this option can be found at [www.mnloons.org/ets](http://www.mnloons.org/ets).*