



## Woodbury HS Girls Spring Preseason Training 2024

### ***\*NEW PLAYERS WELCOME\****

**Come have some fun and get to know the team while sharpening your skills before the season!**

**\*\*FIRST TIME players try the 1st week for FREE!\*\***

**WHO:** Any girl in grade 7<sup>th</sup>-12<sup>th</sup> and is slated for/attends Woodbury HS

**WHAT:** Ten sessions featuring small game scrimmaging, drills, and conditioning with frequent reps to get ready for the season!

**WHEN:** Full dates listed on WHS Girls Lacrosse website page! Starts on February 19th through March 29th, 2024!

**WHERE:** MHealth Fairview Sports Center Field House

**Equipment Needed:** Girls lacrosse stick, lacrosse goggles, mouthguard (NOT white or clear), tennis shoes or cleats (recommended) *\*\*for questions reach out to Coach Ivy (bennnerivy363@gmail.com)\*\**

**HOW MUCH:** \$100 - register online through the Woodbury Girls Lacrosse website page <https://www.whsactivities.org/page/show/533074-lacrosse-girls> *\*\*opens 01/16/24\*\**

---

***\*\*Player/Parent Preseason Meeting on February 12th, 2024 @ 7-8:30pm in the WHS Lecture Hall!\*\****

- **Meet the coaches!**
- **Hear about the season!**
- **Ask questions!**

