



SUMMER 2021 PROGRAMMING

NEW IN 2021 LIGHTNING LAX - for the beginner: no equipment needed
 LEARN 2 PLAY LAX - FREE, for schools & community groups
 POSITIONAL SKILLS CLINICS - Instruction for all positions
 TUESDAY SKILLS & COMPETITIONS - Skill repetition, small competitions, & more!
 THURSDAY GAME NIGHTS - Small Sided Games - with coaches teaching!
 SMALL GROUP STRENGTH TRAINING - Contact lrn2move@gmail.com

LEARN 2 PLAY LAX CLINICS



FREE: for schools and community groups

- New players: boys & girls, grades 2nd - 8th
- No protective equipment needed
- COSMO provides sticks, balls, and more
- Contact cosmolacrosse@gmail.com

POSITIONAL SKILLS CLINICS



Boys & Girls: July 14, 21, 28

- Boys & Girls, experienced, rising 5th - 8th grade
- Advanced positional skills clinics
- Collegiate level coaches
- Goalie, Defense/LSM, Midfield/FO, Attack

TUESDAY SKILLS & COMPETITIONS



Tuesdays: June 8 - July 20 (7 weeks)

- Boys & Girls, new/experienced rising 3rd - 8th grade
- Positional, individual & team skills/competition
- All positions instructed: F/O, G, D, LSM, M, A

THURSDAY GAME NIGHTS



Thursdays: June 10 - July 22 (7 weeks)

- Boys & Girls, experienced, rising 2nd - 8th grade
- Small fields, fast pace, super fun!
- Coaches coaching entire game

NEW IN SUMMER 2021

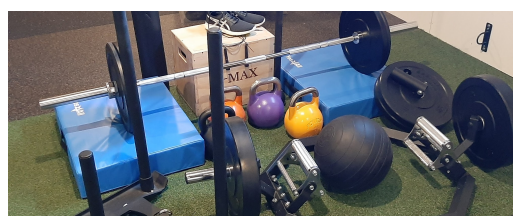
LIGHTNING LAX for NEW PLAYERS



Fast, fun, no-contact lacrosse for the beginner

- Soft balls, fast action, high scoring
- 30 minutes skills + 30 minutes games nightly
- Tuesday Nights, June thru August
- No experience necessary

SMALL GROUP STRENGTH



Small Group Training: Tuesday & Thursday

New in 2021, 2 - 4 athletes per group

- Strength & Mobility training: Kettlebell, Barbell, Dumbbell, Med Ball - learn to train safely/effectively
- NCSA certified coach (<https://www.lrn2move.com/>)
- To schedule, contact Drew, lrn2move@gmail.com