

# Saturday Skill Sessions

- Who:** Anyone who is interested in Lacrosse (Ages 5-18)
- What:** Lacrosse Practice
- When:** Every Saturday in May (Boys 3:00— 4:30 / Girls 4:30— 6:00)
- Where:** Brandywine Park (Fields 10 & 11)
- Why:** To allow anyone who wants hands on experience on how to play the “fastest growing sport in the country” and to join our Lacrosse Club
- Cost:** **FREE**
- Contact:** Greg Hall (317) 966-2954

We will provide all of the equipment you will need. Here is what you can expect each night:

- 1) Overview
- 2) Introduction to game and the equipment
- 3) Drills
- 4) Scrimmage

**Please wear athletic shoes and comfortable clothing (shorts & t-shirt)**