

MILFORD RECREATION DEPARTMENT

1 Union Square ~ Milford, NH 03055

Phone (603) 249-0625

Register online www.milfordrec.com

Boys Lacrosse Clinic

WHO: Boys ages 7-17

WHEN: Monday - Friday, July 9-13
9:00 a.m. - 12:00 noon

WHERE: Adams Field, Osgood Road, Milford, NH

COST: \$90 Milford Resident; \$95 Non-resident

Registration:

DEADLINE to register is **Friday, July 6th and SAVE \$15!** Complete online registration Returned fee is \$25. No refunds after registration deadline.

PROGRAM DESCRIPTION:

- Features experienced Lacrosse coach/instructors. (Milford HS Head Varsity Coach Rick Urda and Darren Fleury)
- Every player will be given individual and group instruction with an emphasis on basic fundamental skills. Contact limited.
- Learn the latest techniques of the game. Refine skills to improve your level of play. Strengthen team concepts and strategies.
- This program is ideal for the player determined to prepare for middle and high school level of play.
- Camp will be held rain or shine, so be prepared.



Boys Equipment Required:

Helmet, mouth guard, shoulder pads, arm pads, gloves, cleats, stick, personal water bottle, snack and sunscreen.