



CrosseFIRE Lacrosse is the area's leading indoor clinic program, featuring preseason conditioning, skill development and game instruction for female lacrosse players of all ability levels. At each clinic, participants are guided through an intense workout of strategy and skill instruction. Coached, small-sided, round robin play allows for practice and implementation of emphasized skills and techniques. Instruction is

the primary focus of these clinics. A strong emphasis is placed on the development of good stickwork and techniques.

The clinics are also one means by which players are identified for invitation into the PHANTASTIX Lacrosse Club, a travel/tournament lacrosse program for serious players.

JoAnn Yusko and Sue Frazier, directors and head coaches of the PHANTASTIX Lacrosse teams, direct the CrosseFIRE program.

Get a jump on the 2012 season
& an edge on spring try-outs.

For more information call:
610-933-9049 or 610-640-0956
email: CrosseFIRELax@aol.com

Or check out our website at
www.CrosseFIRELax.com

PROGRAM CONTENT & FEATURES

- 2-Hour workout per clinic
- Strong emphasis on skill development
- Agility training & conditioning
- Advanced strategies & tactics
- Limited enrollment
- Regulation cages
- Special Indoor Balls
- Experienced Coaches ~ Including former US Team players, Division I All-Americans, College Players, & local high school coaches

EQUIPMENT

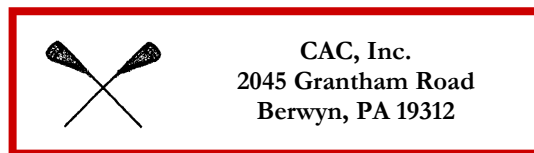
Each participant is required to provide her own equipment ~ stick, sneakers, waterbottle, mouthguard and protective eyewear.

Additionally, goalies must have a goalkeeper stick, helmet with a face mask and throat protector, padded gloves and a chest protector.

MOUTHGUARDS & EYEWEAR ARE MANDATORY for all players!

REGISTRATION

Registrations are limited and are filled on a first-come, first-served basis. To reserve your place in any one clinic or combination of clinics, mail a *completed application and signed athletic waiver* to:



Clinic confirmation will be emailed to all applicants who provide a valid email address.

CLINIC TIMES & SITES

Clinics are available to all girls in grades 4 to 12. Seasoned high school athletes are challenged to meet the expectations of high level varsity and collegiate play. First time players are initiated into our country's fastest growing sport.

Clinics are held on either Saturdays or Sundays at three different locations.

Sites and schedules are as follows:

SATURDAYS:

Jan. 7- 14 - 21- 28 -Feb. 4 - 11 , 2012

@ Episcopal Academy (Newtown Square,PA)

12:00-2:00 PM Grades 4-5-6 -7

2:00-4:00 PM Grades 8-9 &

Middle School GOALIES

4:00-6:00 PM Grades 10-11-12 &

High School GOALIES

SUNDAYS:

Jan. 8 - 15 - 22 - 29 - Feb. 5 - 12, 2012

@ CAT-Pickering (Phoenixville, PA)

1:00-3:00 PM Grades 6-7-8

3:00-5:00 PM Grades 9-10-11

@ Penn Charter School (Philadelphia, PA)

12:00-2:00 PM Grades 9-10-11-12

2:00-4:00 PM Grades 6-7-8