

Metro Lacrosse



“SuperSticks”

Instructional Series for girls

For: "Top Players Who Want To Take Their Game To The Top"

Lacrosse Skills Instruction Designed to improve your individual skills.

Including:

Over 30 stick skills, footwork, dodges, and stick protection

Limited Enrollment:

14 players per session grouped by ability

Location:

The Sport Academy
56 E. Willow Street, Millburn, NJ 07041

Dates and Times:

Dates: 60 min. sessions on Tuesdays for four weeks, 4 separate sessions available (see below)	
Millburn I: 10/4 - 10/25	
Millburn II: 11/1 – 11/29 (skipping Nov. 22 rd Thanksgiving week)	
Millburn III: 12/6 – 1/10 (skipping 12/20 and 12/27)	
Millburn IV: 1/17 – 2/7	
Grades 5 & 6	6:00 - 7:00 pm
Grades 7 & 8	7:00 - 8:00 pm
High School	8:00 - 9:00 pm

**** Times may change somewhat based on enrollment**

Cost: \$250/player

Sessions instructed by: **Mary-Lynne McKee**

Coach/director of Metro Lacrosse

Hudson Valley Lacrosse “Hall of Fame”

Former Suffern HS coach Former Empire State Team coach

**Player Registration for:
APEX “Supersticks”
@ The Sports Academy, Millburn, NJ**

(please check all sessions you wish to attend):

Dates: Held on Tuesday nights, 4 separate sessions available (see below)	
Millburn I: 10/4 - 10/25 _____	
Millburn II: 11/1 – 11/29 (skipping Nov. 22) _____	
Millburn III: 12/6 – 1/10 (skipping 12/20 and 12/27) _____	
Millburn IV: 1/17 – 2/7 _____	
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First Name _____ Last Name: _____

Grade (as of 09/01/2011) _____ e-mail: _____

Phone: () _____ School: _____

Enclose a check for \$250 for each session made out to: “Mary-Lynne McKee” and mail to:

**Mary-Lynne McKee
PO Box 11189
Loudonville, NY 12211**

Confirmation will be sent by e-mail the week before we begin. Bring your mouth guard, goggles and indoor shoes with you to the first session. Come prepared to be challenged!