

Get ready for Metro Lacrosse's defensive clinic:

## Hil's Drills!

Intense lacrosse workouts focusing on individual defense and footwork presented by coach **Hilary Renna** of Metro Lacrosse!

### ***6 weeks at Millburn Sports Academy***

Wednesday evenings

Cost: \$295

Jan. 11 through Feb. 15

7:00-8:00pm grades 7 & 8

8:00-9:00pm grades 9-12

Improve your defensive skills in the following areas:

- **1v1 defense:** footwork, checking
- **Off-ball defense:** face guarding, denying cutters, sliding
- **Man-up/Man-down defense:** double teaming, zoning the backside

Among coach **Renna's** honors while a playing defense for the University of Pennsylvania Quakers:

**Tewaaraton nominee**  
**Consensus first-team All-America**  
**NCAA all-tournament team**  
**First-team all-region**  
**Unanimous first-team All-Ivy**

Tear off and return the lower portion with your payment

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Player Registration for Metro Lacrosse's "**Hil's Drills**"

Last name \_\_\_\_\_ First name \_\_\_\_\_

Phone ( ) \_\_\_\_\_ e-mail (for confirmation): \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

I give my daughter, \_\_\_\_\_, permission to attend the Metro Lacrosse "Hil's Drills" Clinic at Millburn Sports Academy.

Parent Signature: \_\_\_\_\_

Please make check for \$295 payable to "Metro Lacrosse" and mail to:  
P.O. Box 11189  
Loudonville, NY 12211