

Metro Lacrosse brings you:

## **“Score More” Shooting Clinic**

Six Sessions on Wednesday nights

8:00-9:00 grades 10-12

Jan. 11 through Feb. 15

@ “The Sports Academy”, Millburn, NJ

Cost: \$295

### **Shooters (attack)...**

Learn technique and develop you shooting repertoire from the best! Players will:

- Increase power
- Improve shot selection
- Learn how and when to cut
- Increase variety of shots



Clinician:

**Virginia Crotty, Duke University ‘11**

Played lacrosse and field hockey at Oak Knoll School, captaining both teams...

Earned All-America, All-New Jersey, and

All-Division as a lacrosse player... Won the 2007 World

Championship as a member of the U-19 National Team. Graduated from Oak Knoll and Metro and went on to play at Duke University for 4 years.

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### **Player Registration for: “Score More” Shooting Clinic**

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

Year \_\_\_\_\_ school \_\_\_\_\_

e-mail address for confirmation: \_\_\_\_\_

Please make check for \$295 payable to “Metro Lacrosse” and mail to:

P.O. Box 11189

Loudonville, NY 12211

**Bring your mouth guard, goggles and indoor/turf shoes**