



## **UPSTATE “SUPER STICKS” CLINICS 2012**

**at Charbonneau Recreation Center – Exit 12 off the Northway**

**Designed for the “Top Players Who Want to Take Their Game to the Top”**

**Instructed by: Mary-Lynne McKee**

**5 weeks – 45 minute personalized sessions of lacrosse instruction/analysis designed to improve players’ individual stick skills and performance including:**

- **30 Stick Skills**
- **Footwork**
- **Stick Protection**
- **Dodges**

**Limited enrollment to Metro Magic Travel Team club players**

**DATES: Monday, January 2, 9, 16, 30 and February 6**

**TIMES: 4:15 – 5:00 p.m.**

**COST: \$125/player**

**Please mail a check to Metro Lacrosse, PO Box 11189, Albany NY 12211**