



PRESENTS

OWN THE CREASE: KEEPER CLINIC

FOR 8TH, 9TH, AND 10TH GRADE GIRLS

6 MONDAY EVENINGS AT MILLBURN SPORTS ACADEMY

JAN. 9 THROUGH FEB. 13

8:00-9:00 PM

COST: \$295

GOALIES, LEARN FROM AN EXPERIENCED GOALIE COACH AND IMPROVE YOUR SKILLS IN THE FOLLOWING AREAS:

*STANCE *POSITION AND MOVING IN THE CREASE *STEPPING TO THE BALL
*STICKWORK *CLEARING *HAND-EYE COORDINATION *TALKING AND LEADING THE DEFENSE*

INSTRUCTED BY COACH AMY MARTIN. AMY GRADUATED FROM COLLEGE OF HOLY CROSS IN 2011 WHERE SHE WAS A FOUR YEAR STARTER FOR THE CRUSADERS. AMY WAS A SENIOR CAPTAIN FOR THE CRUSADERS, NAMED THE 2010 PATRIOT LEAGUE GOALKEEPER OF THE YEAR, WAS A FIVE-TIME PATRIOT LEAGUE GOALKEEPER OF THE WEEK, AND TWO-TIME DEFENDER OF THE WEEK. AT HOLY CROSS, AMY ALSO GARNERED THE FOLLOWING HONORS: FIRST-TEAM ALL CONFERENCE, PATRIOT LEAGUE ALL-TOURNAMENT TEAM, AND HOLY CROSS' JOHN MEEGAN ATHLETIC ACHIEVEMENT AWARD.

-----Clinic Registration-----

Player's First Name: _____ Last Name: _____

Phone: _____ Email (for confirmation): _____

School: _____ Grade: _____

COST of Own the Crease: \$295

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