COED LACROSSE SKILLS & DRILLS

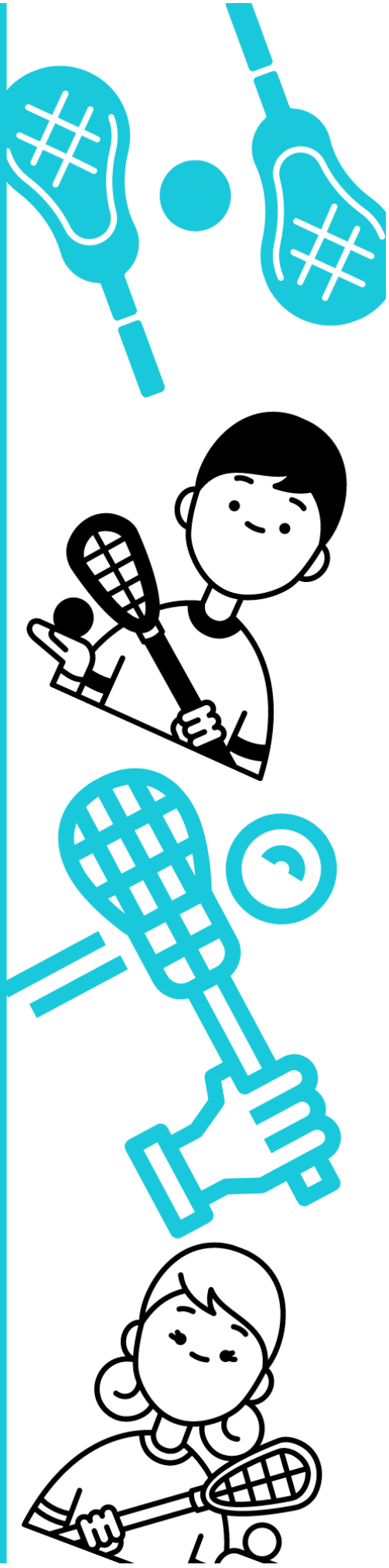
For: Entering Grades 3-9
Days: Monday - Wednesday
Dates: July 11-13, 2022
Time: 9:00 AM - 12:00 PM
Fee: $75.00 (Non-Residents $85.00)
Location: JFK Middle School Fields
Director: Joe O'Neill

Program Description:
Joe O'Neill has put together a program curriculum built around an easy to learn and execute drill book. The program will include progressive drills and 3v3 lacrosse that will introduce the game to newer players and strengthen the skillset of a current player. The game of 3v3 lacrosse focuses on playing fast and mastering the art of the 3v2, which helps build their lacrosse IQ. Fundamental skills and concepts will be introduced and players will be asked to be creative in applying them during fun small sided games and daily 3v3 tournaments. Players will develop their game and have fun doing it!

Experience & Equipment:
This is a great program for all skills and abilities. Fundamental skills are recommended for grades 3-5, but are not required. Advanced players entering grades 6-9 will be able to improve their skills. A lacrosse stick is required for participation.

About the Director:
Joe O'Neill is the current Wahconah Boys Lacrosse Coach & a graduate of Northampton High School. This program draws on his box and field lacrosse background.

Northampton Parks & Recreation
413-587-1040 | 100 A Bridge Road, Florence, MA 01062
www.northamptonma.gov/recreation | Recreation@northamptonma.gov



Northampton Parks & Recreation
Coed Lacrosse Skills & Drills

Register online or mail/deliver form & payment to:

Address: Northampton Parks & Recreation, 100A Bridge Rd. Florence, MA 01062 **Phone**: 413-587-1040

Website: www.northamptonma.gov/recreation **Office Hours**: M-F, 8:30AM - 4:30 PM

Financial assistance is available to those who qualify. Contact the Parks & Recreation Department for details.

Child's Name - First & Last	Date of Birth	Age	Grade (Fall 2022)	M/F	School

PARENT/ GUARDIAN	Parent 1/Guardian	Parent 2/Guardian (complete if any field is different)
First & Last Name		
Street Address		
City or Town		
Zip Code		
Home Phone #		
Cell Phone #		
Emergency Contact		
Email Address		

- **Amount Enclosed**: $_____ ($75.00 per player; $85.00 Non-Residents)
  Checks payable to: Northampton Parks & Recreation

- **Charge My**: Visa ___ Master Card ___ Discover ___**Card Number**: _____**Exp. Date**:_____

  Cardholder's Name: _____ **Signature**: _____

- **Where did you hear about this program?**
  Played Last Year _____ Program Guide _____ Parks & Rec Website ____ Social Media _____ Other _____

Recreational and Volunteers Activities Release Form

I, the undersigned, do hereby consent to my participation in voluntary or recreation programs of the City of Northampton. I also agree to forever release the City of Northampton, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in any voluntary or recreation programs of the City of Northampton from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from my participation in the City of Northampton voluntary activities or programs. I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to myself or property damage resulting from participation in the City of Northampton voluntary activities or recreation programs. I further affirm that I have read this Consent and Release From and that I understand the contents of this Form. I understand that my participation is voluntary and that I am free to choose not to participate in said programs. By signing this form, I affirm that I have decided to participate in the City as a volunteer or in its recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage that I may suffer in voluntary activities with the City of Northampton or recreation programs.

Participant Signature or Parent/Legal Guardian if under 18 years old: _____Date:_____

Mail to: Northampton Parks & Recreation, 100A Bridge Road, Florence, MA 01062

For Office Use Only: Amt. Received $_____ Date _____ Staff ___ RT Entered Date ____ By Staff ____