

# **You Like Football? You're going to Love Lacrosse**

**Spring Lacrosse is the Perfect Off Season Sport for Football.**

**Why?**

- **Keeps body conditioning in place. Lacrosse is a fast paced sport that requires constant movement.**
- **Teaches Hand / Eye Coordination at every position.**
- **Improves Foot Skills and Reaction Time.**
- **Builds on Teamwork. Lacrosse is a Team Sport and requires participation at every position.**
- **Athletes transition well between Lacrosse and Football**

**Central Forsyth Youth Lacrosse was founded by Parents who wanted to offer the best learning platform for Central Districted Youth. Our program is built around 4 Basic Pillars: Honor the Game, Learn Proper Techniques, Provide a Safe Environment and Have Fun.**

**We specialize in new player development.**

***Spring 2016 Registration is now open!***

Check us out at [WWW.CFYLAX.COM](http://WWW.CFYLAX.COM) or on Facebook.