



2019

Pre Season Skills, Drills and Games

Boys and Girls Grades K-6<sup>th</sup>

**Details:** 6 Preseason training sessions with several coaches at the Youth, Varsity and collegiate level. Players will break up into different groups based on experience level to work on Skills and participate in several drills and games.

Grades K-2 sessions will be from 6-7pm. and grades 3<sup>rd</sup> - 6<sup>th</sup> sessions will be from 6-8pm

**When:** Girls Sessions

Wednesday 1/2 6-8pm  
Wednesday 1/16 6-8pm  
Wednesday 1/30 6-8pm  
Wednesday 2/13 6-8pm  
Wednesday 2/27 6-8pm  
Wednesday 3/13 6-8pm  
Wednesday 3/27 6-8pm

Boys Sessions

Wednesday 1/9 6-8pm  
Wednesday 1/23 6-8pm  
Wednesday 2/6 6-8pm  
Wednesday 2/20 6-8pm  
Wednesday 3/6 6-8pm  
Wednesday 3/20 6-8pm  
Wednesday 4/3 6-8pm

**Where:** Pinnacle Athletic Campus

748 Phillips rd. Victor, NY 14564

**Cost:** Grades 3-6 \$125.00 / Student

Grades K-2 \$95.00 / Student

10% Discount off total registration fees if combined with spring registration!!!!

\$5.00 off Multi family member discount.

Please log on to our website [www.hflax.org](http://www.hflax.org) to register.

(Registration will remain open until March 7<sup>th</sup>)

**Equipment:** HF-L Youth Lacrosse supplies protective equipment, goggles, helmets, shoulder pads, arm guards and gloves. Players may use their own protective equipment. Each player needs to provide his or her own lacrosse stick, mouth guard and appropriate footwear.



Please be sure to visit our site [www.hflax.org](http://www.hflax.org) for all news related to HFL Lacrosse