



BURNABY MOUNTAIN SELECTS *WINTER 2011*

www.selectslacrosse.com

CONTACT

Burnaby Mountain Lacrosse

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Checks Payable to “Burnaby Mountain Lacrosse”

BOYS YOUTH INDOOR – FIELD LACROSSE DEVELOPMENT PROGRAM

The Youth Indoor program is designed to introduce young athletes to the game of Field Lacrosse in a climate controlled environment. Drills are both fun and rewarding, as players will build upon basic fundamentals to learn new skills such as passing and catching with both hands, ball protection, shooting technique and dodges.

Each session will include a 20-25 minute practice, followed by a 30-35 minute 7v7 game. A wide range of progression drills will help each participant build confidence while encouraging the growth of individual skills and the importance of teamwork.

**Program Registration includes a Harrow Reversible Team Practice Jersey*

Program Directors: Simon Fraser University Men's Lacrosse Co-Head Coaches Jeff Cathrea and Brent Hoskins

Coaching Staff: Players with US College Experience

Maximum Roster per Age Group: 20 athletes (two teams of 10)

BOYS YOUTH (2000/2001/2002)

CANLAN Burnaby 8 Rinks
\$160 +HST (= \$179.20), 8 sessions
Fridays, 5:00-6:00pm
January 14 – March 4

Friday, January 14
Friday, January 21
Friday, January 28
Friday, February 4
Friday, February 11
Friday, February 18
Friday, February 25
Friday, March 4