



# BURNABY MOUNTAIN SELECTS *WINTER 2010*

[www.selectslacrosse.com](http://www.selectslacrosse.com)

## CONTACT

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### Burnaby Mountain Lacrosse

**Brent Hoskins**  
Executive Director

Email: [bhoskins@alumni.sfu.ca](mailto:bhoskins@alumni.sfu.ca)  
Tel: 604.836.7748  
Fax: 604.461.2172

**Mailing Address:**  
Suite 203 – 3142 St. Johns Street  
Port Moody, BC  
V3H 5E5

Checks Payable to "Burnaby Mountain Lacrosse"

## BOYS YOUTH INDOOR – FIELD LACROSSE DEVELOPMENT PROGRAM

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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 7 v 7 game. A wide range of progressional 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 and Coaches with US College Experience

Coach to Athlete Ratio = 8:1

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

### **BOYS U8 / U10 (1999/2000/2001/2002)**

**CANLAN Burnaby 8 Rinks**

\$120 +GST (= \$126.00), 6 sessions

Thursdays, 5:00-6:00pm

January 14 - February 25 (no practice Thursday, February 4)

Thursday, January 14

Thursday, January 21

Thursday, January 28

Thursday, February 11

Thursday, February 18

Thursday, February 25