



In cooperation with the USR Recreation Commission

Highlands Lacrosse Association

announces

2021 Fall Clinic Days

on

Sundays 9/12, 9/19, 9/26 & 10/3

All play levels welcome!

Girls & Boys K-2nd grades: 1pm-1:45pm at No. Highlands HS

This will be a FREE clinic run by the Highlands Rec coaches. Sticks are provided and no additional equipment required.

Boys 3rd-8th grades: 12pm-1pm at Northern Highlands HS

Come train with Kyle Ojakian, Highlands Varsity Boys Head Coach and founder of Brotherhood Lacrosse. This 1 hour clinic will include members of his coaching staff as well as Highlands Rec Lacrosse coaches. Cost is \$20.

Girls 3rd-8th grades: 2pm-3pm at Mahwah HS

Come train with Mike Menzella, Highlands Varsity Girls Head Coach and cofounder of Xtreme Lacrosse. This 1 hour clinic will include members of his coaching staff as well as Highlands Rec Lacrosse coaches. Cost is \$20.

Register by September 9th at <https://hlalacrosse.teamsnapsites.com>