



HILL LACROSSE

HILL SKILLS

Girls' Lacrosse Clinics

'Hill Skills' clinics are designed with the young athlete in mind--combining sport specific skill development with speed and agility development.

Conducted by Hill Academy Directors, Hill Skills Clinics are the perfect avenue to help get you to the next level!

SPACES ARE LIMITED... REGISTER NOW!

Each clinic begins with introductions and a group discussion where athletes meet their coaches and learn about the day's activities. After a fun and dynamic warmup, athletes will be split into groups where they will begin with either skill or speed/agility development. Athletes will have the opportunity to learn in small groups and will receive a 'Hill Skills Scorecard' which will point out their individual strengths as well as areas to improve upon. At the end of each session, athletes will enjoy organized game play where they can put what they have learned into action!

March 22nd (Grades 7 -9) **3-5 pm**

April 19th (Grades 10 & 11) **11:00-1:30 pm**

Brampton Soccer Center

1495 Sandeewood Parkway E., Brampton L6R 0K2
(905) 458 - 4036

Cost: \$90



*For more information about The Hill, visit our website:
www.TheHillAcademy.com*

For additional information about the clinic contact The Hill Academy - (905) 893-7065 or email Coach Jamine at: Jamine.Aponte@thehillacademy.com

name: _____ age: _____

address: _____

phone: _____

Circle Option:

Session I : March 22 - Grade 7-9

grade: _____ GPA: _____

Session II: April 19 - Grade 10 - 11

To register, email the above information to Jamine.Aponte@thehillacademy.com. Payment will be collected at the start of each session on the field. Cost for each session is \$90 per student athlete--cash or cheque. Credit card payments must be made in advance over the phone.

**Only serious young athletes are encouraged to attend these advanced, age appropriate clinics