

COME PLAY LACROSSE... IT'S THE BEST CROSSOVER/TRAINING SPORT FOR FOOTBALL!!!

SPRING REGISTRATION OPEN NOW!

REGISTER THROUGH YOUR PARK DISTRICT.

- **LACROSSE IS THE FASTEST GROWING SPORT IN THE U.S.A.**
 - **SPRING TEAMS AND SEASON REGISTRATION STARTING NOW THROUGH YOUR PARK DISTRICTS!**
- **RIVER CITY LACROSSE IS AN ORGANIZATION BASED IN AND DEDICATED TO THE TRI-CITIES AREA. RCL PROVIDES AN EXCITING AND COMPETITIVE LEARNING ENVIRONMENT FOR THE BEGINNING, DEVELOPING AND SEASONED PLAYER.**
- **OUR COACHING STAFF WILL TEACH YOU ALL YOU NEED TO KNOW TO PLAY LACROSSE - FROM THE BASICS OF CATCHING AND THROWING TO OFFENSIVE AND DEFENSIVE STRATEGIES. OUR EQUIPMENT FOR PURCHASE OR RENT MAKES THIS THE PERFECT WAY TO TRY THE FASTEST GAME ON TWO FEET!**
- **RIVER CITY'S TRAINING STAFF INCLUDES CURRENT AND FORMER COLLEGIATE PLAYERS, LOCAL HIGH SCHOOL COACHES AND PLAYERS, CURRENT AND FORMER PROFESSIONAL PLAYERS. HOWEVER, WE NEED COACHES AT THE DEVELOPMENT LEVELS. NO LACROSSE COACHING EXPERIENCE NEEDED. ANY QUESTIONS PLEASE CONTACT, MIKE BLACK, M24BLACK@GMAIL.COM.**
- **WHY LACROSSE IS SUCH A GREAT CROSS OVER SPORT FOR FOOTBALL?**
 - **IMPROVES FOOTWORK, VISION, SPEED, HAND EYE COORDINATION AND TEAMWORK.**
 - **STRENGTHENS OTHER MUSCLES BENEFICIAL TO ALL ATHLETES.**
 - **KEEPS UP THE PLAYER'S ENDURANCE. YOU'LL NEVER SEE AND OUT OF SHAPE LACROSSE PLAYER!!**
 - **PLAYER'S SIZE DOES NOT MATTER IN LACROSSE; THERE IS A NITCH FOR EVERY TYPE OF ATHLETE.**
 - **KEEPS THEM SHARP...LIKE FOOTBALL, LACROSSE IS AS MUCH MENTAL AS IT IS PHYSICAL**
 - **MILLIONS OF OTHER REASONS. JUST ASK JIM BROWN (SYRACUSE) WILL YEATMAN (NOTRE DAME/ MARYLAND) TO NAME A COUPLE.**
 - **SUCCESSFUL ATHLETES ARE MORE OFTEN TWO SPORT ATHLETES.**
- **QUESTIONS AND MUCH MORE INFORMATION VIST:**
 - **WWW.RIVERCITYLAX.COM**