



2011 – 2012 Lady Blue Knights Winter Indoor Field Lacrosse



Lady Blue Knights are offering lacrosse for the upcoming off-season to provide our players the opportunity to focus on specific skill development, and develop their game play. The sessions are designed to address a large variety of skill levels, so each athlete can work at and improve on the skill level that they are presently at. Regardless of the age and skill level the athlete is at, THE GOAL is to help each athlete get to the next level.

Tuesday Nights – Shooting Skills/Attack Moves Nov. 1 – April 10 (Dec. 27 & Jan. 3 are off)

Whitby Indoor Soccer Dome – 5:00 – 6:00pm

The Tuesday night sessions will focus on developing the players shot (which in turn also helps their passing). Proper mechanics will be taught and/or reinforced in order to generate more power on their shot. Players will be challenged to develop and perfect a variety of shots using both their dominant and non-dominant hands. (ex. Quick sticks, side arms, risers). After mastering a certain level of power, shooting accuracy and quick releases will be addressed. Players will learn and perfect numerous attack moves that can be used to beat an opponent in the midfield or driving to goal. A small instructor to player ratio will ensure a lot of individual instruction and feedback.

Goaltending instruction is also available.

Repetition is the key component necessary for improvement in these skills. Players will experience and learn the value in repetition. Practice sessions are designed to get players maximum number of repetitions in the hour.

A radar gun will be used to measure the power of each players shot in the first couple of weeks and again in the closing weeks, giving quantitative feedback on each players improvement.

Target Groups for the Tuesday Sessions include:

U13 Rep players, U15 HL players (wanting to move to rep), U15 Rep Players, U19 Rep Players

Thursday Nights – Indoor 7 v 7 League Nov. 3 – Mar. 22 (Dec. 29 & Jan. 5 are off) **Oshawa Indoor Fieldhouse - U11 (6:00pm), U15 (7:00pm), U19/Senior (8:00pm)**

****PLEASE SIGN UP FOR THE AGE GROUP YOU WILL BE PLAYING NEXT SEASON - U13's should sign up for the U15 age group as it will more closely resemble your game next season****

Players will be divided into teams, and a schedule set based on the number of girls registered. Regular field lacrosse rules will apply. The small field and smaller number of players in a game setting is excellent for developing game play both offensively and defensively. The focus will be fun yet provide competitive game action so players will develop their overall game sense and general game play.

Target Groups:

Jr. BK's, U11 Rep, U13 Rep, U15 HL, U15 Rep, Open HL, High School and U19 Rep

Cost: Tuesdays Only \$225 Thursdays Only \$325
Tuesdays and Thursdays \$475

Twist Conditioning – U19's – Tuesdays at 6:30pm ; U15's – Fridays at 5:15

We purposely run this on Tuesday evenings so it follows our shooting sessions, so the U19 girls can go directly from one to the other if they wish. This is the first time running a session for the U15's.

Details from Twist will be out soon.

Registration Options

1. Register **online** through our Blue Knight website – www.ladyblueknights.ca (COMING SOON – will send out an email when this is set up and ready to use)
2. Register **in Person** on Sept 17 from 1:00 – 5:00 pm at the Oshawa Indoor Fieldhouse Open House – this is the official opening of the Fieldhouse and we will be taking part in it as well as doing registration for our Winter League. Please complete the registration form below and bring it and payment (cash or cheque).
Cheques Payable to Lady Blue Knights.
3. Register **by Mail** – send registration form and payment to the following address:
Barb Boyes, 1412 Beaverbrook Crt., Oshawa, ON.
Cheques Payable to Lady Blue Knights.

SPACE IS LIMITED SO BE SURE TO REGISTER EARLY!

-----If registering in person/through mail complete the following and submit with registration-----

Indicate the Program Signing Up For:

Both Tuesday and Thursday - \$475 _____

Tuesday Nights Only – Shooting Skills and Attack Moves - \$225 _____

Thursday Nights Only – Indoor 7 v 7 League / Skills - \$325 _____

****PLEASE SIGN UP FOR THE AGE GROUP YOU WILL BE PLAYING NEXT SEASON****

U11 _____ U15 _____ U19&Senior _____
(6:00pm) (7:00pm) (8:00pm)

Amount Paid - \$ _____ Cash _____ Cheque _____ On – Line _____

PLAYERS NAME: _____

PLAYERS BIRTHDATE: _____

EMAIL: _____

HOME PHONE: _____

PARENT CELL#: _____

PLAYER CELL # (if applicable): _____

2011 TEAM: _____