



## Youth Lacrosse Fundamentals

March 15, 2021

Welcome to the 2021 Youth Lacrosse Fundamentals Program! This is meant to be an *introduction* to Lacrosse, not an actual league. Therefore, no games will be played in this program, but instead participants will learn the fundamentals of the sport in a practice-like environment. The program will be taught by an instructor and is open to boys and girls grades 2-6!

<u>Program Registration:</u>	March 15, 2021 – April 29, 2021 Register online at <a href="http://www.CheyenneRec.org">www.CheyenneRec.org</a> or at the Kiwanis Community House (4603 Lions Park Drive) Office hours are Monday-Friday, 7:30am-4:30pm
<u>Fees:</u>	\$30/child \$10 late fee if registered after April 29, 2021
<u>Goals:</u>	Learn basic skills, such as cradling, scooping, passing, and shooting, the various positions utilized in the sport, and the rules of the game (face offs, penalties, etc.)
<u>Equipment:</u>	<u>Provided:</u> crosses (lacrosse stick), lacrosse balls, and nets <u>Optional but not provided:</u> mouthguards, cleats, knee/arm pads
<u>Practice:</u>	Will be held at <b><u>Sun Valley Park</u></b> Tuesday and Thursday evenings, 6:00pm – 7:30pm for 6 weeks
<u>Program Begins:</u>	Tuesday, May 25, 2021

Please have all information on the registration form filled out completely.

I look forward to the start of the 2021 Youth Lacrosse Fundamentals Program, and hope that you do as well!

**Remember to use [Cheyennerec.org](http://Cheyennerec.org) for all program information.**

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*The mission of the Recreation Division is to enrich the quality of life through providing cost-effective opportunities for recreational activities, focusing on life-long wellness through exceptional programs, activities, and events for all ages in the community.*