



Co-Rec Youth Lacrosse Fundamentals

Welcome to the 2022 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 experienced instructor and is open to boys and girls grades 2-6!

<u>Program Registration:</u>	March 7, 2022 – April 21, 2022 Register online at www.CheyenneRec.org or at the Kiwanis Community House (4603 Lions Park Drive). Office hours are Monday-Friday, 7:30am-4:30pm.
<u>Late Registration:</u>	April 22, 2022 – May 5, 2022
<u>Fees:</u>	\$30/child \$10 late fee if registered after April 21, 2022 (if space available).
<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>Location:</u>	<u>Sun Valley Park</u> Tuesday and Thursday evenings, 6:00pm – 7:30pm for 6 weeks
<u>Program Begins:</u>	Tuesday, May 10, 2022

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

I look forward to the start of the 2022 Youth Lacrosse Fundamentals Program, and hope that you do as well!

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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.