



Co-Rec Youth Lacrosse Fundamentals

Welcome to the 2023 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, instead participants will learn the fundamentals of the sport in a practice-like environment. The program will be taught by experienced instructors and is open to boys and girls grades 2-6!

<u>Program Registration:</u>	March 13, 2023 – April 27, 2023 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 28, 2023 – May 11, 2023
<u>Fees:</u>	\$35/child \$10 late fee if registered after April 27, 2023 (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>Not provided but optional:</u> mouthguards, cleats, knee/arm pads
<u>Location:</u>	Sun Valley Park Tuesday and Thursday evenings, 6:00pm – 7:30pm for 6 weeks
<u>Program Begins:</u>	Tuesday, May 23, 2023

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

Program Coordinator:
David Mullen
307-773-1039
dmullen@cheyennecity.org

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.