



SATURDAY, JANUARY 19
SUNDAY, JANUARY 20
1-4 PM
 Make-up Day: Monday, January 21
(MLK Day, if needed)

COST: \$90
EARLY BIRD REGISTRATION:
\$80 ON OR BEFORE 12/1/18.
Enrollment is limited.

Players receive instruction from the Century High School lacrosse coaching staff & varsity players.
 Info: Rebecca Groves,
rlgrove@carrollk12.org
 or 443-695-2461.

The Century High School Girl's Lacrosse program will be hosting its annual 2 day pre-season workout for students currently in the K- 8th grade. The focus of this workout is to help players develop their individual and team skills in a structured, competitive environment. During stations we will concentrate on the following skills: stick skills, left hand and right hand, shooting and cutting, defensive skills, and conditioning. Our goal is to teach proper fundamentals that will give players an edge for the upcoming season.

Please mail check and registration form (below) to: Rebecca Groves, 5730 Meyerfield Court, Sykesville, MD 21784
 Checks made payable to Rebecca Groves.



Player Name _____ Years of Experience _____

Player Address _____

Home Phone _____ Grade (2018-2019) _____

Current School _____

E-Mail Address _____