

HC Lax Clinic Girls Age Group Overview



Birthdate range: SEP 1, 2010- AUG 31, 2013

- This age group is designed for participants in kindergarten and pre-k, but first year players in first grade can benefit from the skills taught in this instructional group.

Age group goals:

- Teach the game of lacrosse in a cooperative and instructional environment.
- Develop physical fitness and coordination, foster teamwork, and encourage and reinforce good sportsmanship.
- Create a player-centered environment, which includes fun, constant active engagement, a relaxed and inclusive environment, frequent changes of activity, predictable routines, and getting as many touches with the ball as possible.
- Teach parents how to work on fundamental skills with their child outside of organized play and train parents to be able coaches at the next level of competition.

Equipment needed:

- Athletic shoes or cleats
- Lacrosse stick (must be between 36 and 42" long)
- Mouth guard
- Lacrosse goggles/eyewear

Uniforms:

- As part of the registration fee for HC Lax, all players will receive a full Under Armour uniform set, which includes a reversible Ripshot jersey and a pair of shorts.

Format:

- Location – The HC Lax Clinic will take place at Cedar Lane Park West field 6.
- Dates, Day and Time - The HC Lax Clinic will be held on Saturday afternoons at 3:00 PM, starting April 7th and running until June 9th. Sessions will not be held on Memorial Day Weekend.

Who will be coaching my child?

- The HC Lax Clinic will have many experienced coaches and players from around the area helping to coach your child.
- [All coaches in HC Lax are members of the Howard County Coaches Registry. For more information on what this means, please click here.](#)
- For this age group we do ask for parental involvement. This age group only meets one time a week, so we want to teach parents how to work on skills with their child, so they come back each week having worked on the skills taught at the last session during the week. We will also train parents who are willing and would like to learn more about coaching at the next level of HC Lax.

Registration:

- [Click this Link](#)
- Call 410-313-7275 between 8:30 AM-4:30 PM
- Walk in: 7120 Oakland Mills Rd. Columbia, MD 21046.
- Scholarship information: 410-313-4659

Information:

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