

## About Mini-Lacrosse

- ◆ This session runs for nine weeks, then a new session will begin.
- ◆ Special guest coaches throughout the session.
- ◆ Learn the basics of the game with other players in a fun environment.

The coaches will determine which group each of the players will be placed, based on skill level. Each player must master the skills of every level to be graduated to the next. The levels **will not** be organized by age, but will be split by **skill level**.

### Required Equipment:

All MiniLax Players are required to bring their own equipment, including sticks, gloves, elbow pads, shoulder pads, a mouth piece, turf shoes or sneakers and a cup

All program T-Shirts for CNYFSC printed by :



## About the Sports Centre

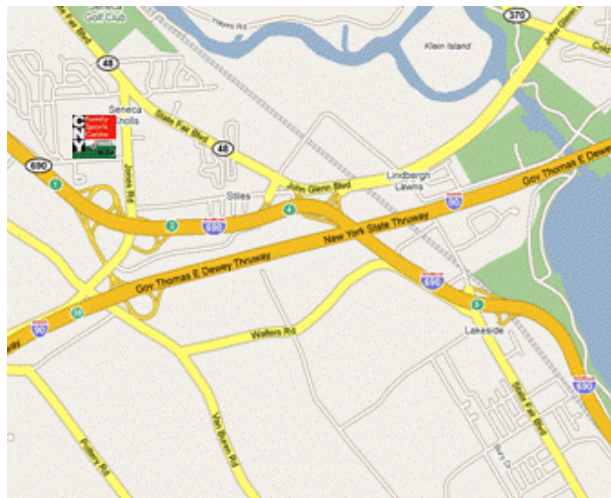
### Featuring Indoors

- ◆ Two 185' x 85', Sport Field turf (plays like natural grass) multipurpose fields with dasherboards
- ◆ Seating for 320 spectators in bleachers
- ◆ One 500 sq. ft. warm-up area
- ◆ Men's & women's changing areas and rest rooms
- ◆ Education Center / Team Meeting Room
- ◆ Video arcade
- ◆ Upper Level Mezzanine for spectator viewing

### Featuring Outdoors

- ◆ Three 110yd. x 70yd. natural grass multipurpose fields
- ◆ Two 70yd. x 40yd. natural grass multipurpose fields
- ◆ One 90yd x 60yd natural grass multipurpose field
- ◆ Family picnic area
- ◆ 250 car parking lot

Conveniently located off Route 690 at Jones Road or Exit 39 of the NYS Thruway



# Mini-Lax CNYFSC January 4th - March 7th

**Boys Youth Lacrosse Clinic**

**Every Wednesday Night**

**Grades K-2 - 5:00pm—6:00pm**



The CNY Family Sports Centre  
7201 Jones Road  
Syracuse, New York 13209  
Phone 638-8866

[www.CNYFSC.com](http://www.CNYFSC.com)

## About the Coaching Staff

### Greg Scott

Rush Henrietta HS. All-league player, and Empire State Games 1986. Standout player at Keuka College & Oswego State. At Keuka, Coach Greg made 583 saves and ended with a save percentage of .671 (which is still in the lead today) Formerly the Head Coach at Lafayette HS he led the program to 2 NYSPHAA State Championships, 3 Section III Championships and he was named the 2003 coach of the year. He finished at Lafayette with a 101-10 record as a Head Coach. He is currently the FCA Regional Coaching Director and U15 National Champion Head Coach. After Coaching at Lafayette, he coached as an assistant for the B'ville Varsity program in 2007-2008, and he coached the JV boys at B'ville in 2009-20010. He coached the girls B'ville mod team in 2011. Coach Greg also coaches in the CNYELC Lax Club, and we are proud to end on the note that he is a Gulf War Veteran , and we are proud to have him on our staff!

### Eric Burns

As a lifelong lacrosse player, Eric Burns graduated from West Genesee as an All-American and CNY Player of the Year, and went on to Hobart College playing with the best talent in the country. Eric has coached at multiple venues, with the most recent being the Boys Varsity Lacrosse Coach at Onondaga Central for five years. Eric has recently changed teaching positions, accepting a job back at his alma mater, West Genesee. Eric has since joined the girls' side, and will coach girls lacrosse at West Genny this upcoming spring. Eric also owns his own lacrosse development camp called *E.R. Lacrosse*, where he introduces the game of lacrosse to boys and girls, ages 4-7 years old, making his addition to our coaching staff ideal. Eric's talents aren't exclusive to lacrosse. He also coaches 5/6 year olds for West Genesee Pop Warner, and Camillus Youth Hockey Association.

### Tyler Gale

Coaching Director of Finger Lakes Lacrosse Club, Tyler was a standout player at Lafayette HS, earning 2 state titles, and he played collegiate lacrosse at Loyola

[www.cnyfsc.com](http://www.cnyfsc.com)

**Mini Lax** is geared towards the beginner player in **Grades K-2**. The players will be trained in the basic fundamentals of the sport, passing, catching, cradling, and playing in small sided games.

All MiniLax Players are required to bring their own equipment, including sticks, gloves, elbow pads, shoulder pads, a mouth piece, sneakers and a cup

### **Dates & Times**

#### **Every Wednesday**

**Grades K-2 - 5:00pm—6:00pm**

**Starts January 4th Ends February 29th**

### **Schedule**

January 4th, January 11th, January 18th, January 25th,  
February 1st, February 8th, February 15th,  
February 29th, March 7th

**Please note, there is no Training on February 22nd**

This 9 week clinic is designed to provide each player with individual instruction. The individual instruction will help each player improve their all-around skills. As in any sport, players need the individual skills to help them become better players.

At the end of each session players will leave with better individual skills. These skills will range from stick handling, to passing to shooting. Not only will they leave the 9 sessions with better individual skills but, they will also develop a greater understanding of team play, learning the tactics of the game to make their respective teams better.

To maximize improvement players will be grouped according to age and ability. By grouping the players this way, we focus on giving each player the opportunity to become better.

Lastly, our coaching staff will push each player to work hard in a fun and safe environment. We hope every player maximizes their potential while attending our Mini-Lax Clinics.

## Registration Form

### **MINI-LAX REGISTRATION FORM**

January 4th - March 7th

Grades K-2 - 5:00pm—6:00pm

Player's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_

Home or Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Credit Card: (Only if paying with credit card)

Visa \_\_\_\_\_ Master Card \_\_\_\_\_ Discover \_\_\_\_\_

# \_\_\_\_\_

Expiration: \_\_\_\_\_ CCV# \_\_\_\_\_

Card Holder: \_\_\_\_\_

Signature: \_\_\_\_\_

I as the players parent agree to have my credit card used for the purpose of insuring payment of clinic fees. I understand that if I have not paid the full amount of the clinic fees by the start of the clinic my card will be billed for the balance of the clinic fees.

### **COST:**

**New Player Fee:** Mini-Lax is **\$95.00**

*This includes nine training sessions,*

*And a Mini-Lax Pinnie*

Please make checks out to:

**CNYFSC**

**Questions?**

Please feel free to contact us at  
[cnyfsc@gmail.com](mailto:cnyfsc@gmail.com)

Space is limited, so please, sign up early!  
The program will fill up!!