

About Mini-Lax

- ◆ The session will run for six sessions
- ◆ Learn the basics of the game with other players in a fun environment.
- ◆ To maximize improvement, all players will be grouped by age and ability

Clinic Philosophy

- ◆ We believe young lacrosse players should learn in a fun and safe environment
- ◆ Our dedicated staff, along with our guest coaches, will work hard to ensure each player maximizes his or her potential while having a memorable experience.
- ◆ Proper learning and practicing of fundamental skills will be given high priority.
- ◆ Basic instruction of rules and team play will be addressed in game situations.

All program T-Shirts for CNYFSC printed by :



New Age Graphix

About the Sports Centre

Featuring Indoors

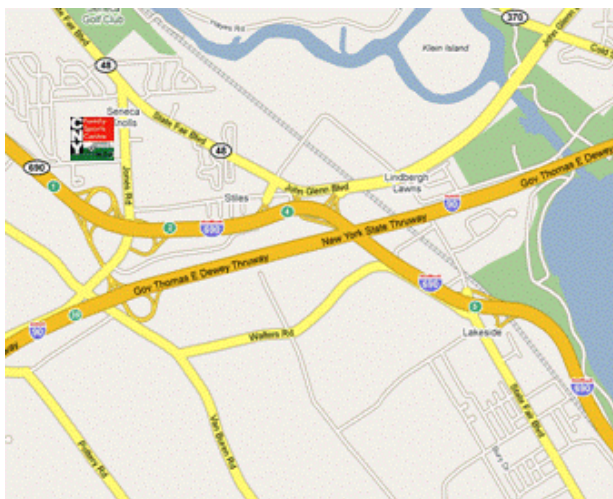
- ◆ Two 185' x 85', Sport Field turf (plays like natural grass) multipurpose fields with dashboards
- ◆ Seating for 320 spectators in bleachers
- ◆ One 500 sq. ft. warm-up area
- ◆ Men's & women's changing areas and rest rooms
- ◆ Education Center / Team Meeting Room
- ◆ Video arcade
- ◆ Upper Level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

Featuring Outdoors

- ◆ Three 120 yd. x 70 yd. multipurpose natural grass fields
- ◆ Two 70 yd. x 50 yd. natural grass multipurpose fields
- ◆ One 90 yd. x 60 yd. natural grass multipurpose field
- ◆ Family picnic area
- ◆ 250 car parking lot

www.CNYFSC.com

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



CNYFSC Mini-Lax

Boys Youth Lacrosse Clinic
Grades 1 - 8

Every Wednesday Night
6:00pm - 7:00pm



May 6th-June 10th

The CNY Family Sports Centre
7201 Jones Road
Syracuse, New York 13209
Phone 638-8866
Fax: 638-2882

www.CNYFSC.com

Coaching Staff

Ryan Heath
Andrew Carducci
Mike McLaughlin
Mike Malone

Possibly more guest coaches throughout the session

Check Out Our CNYFSC Youth Lacrosse Leagues!

**Leagues Run Every Fall-Spring
October-March**

Boys Future Stars 5th & 6th Grade
Every Wednesday
Fall Session Starting Oct '09

Boys Modified 7th & 8th Grade
Every Wednesday
Fall Session Starting Oct '09

Boys JV 9th & 10th Grade
Every Tuesday
Fall Session Starting Oct '09

Girls 2nd Division 9th-12th Grade
Every Tuesday
Fall Session Starting Oct '09

Girls Premier 9th-12th Grade
Every Thursday
Fall Session Starting Oct '09

**To Register for the Leagues
Contact Our Lacrosse Director
Kaitlin Donahue
(315) 638-8866
kdonahue22@aol.com**

CNYFSC Mini Lax Clinic 2009

Day
Every Wednesday

Fees
\$65.00 (includes 6 Sessions)

Ages & Times
1st Grade-8th Grade
6:00pm-7:00pm

Schedule
May 6th, 13th, 20th, 27th
June 3rd, 10th

This 6 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 shooting to defending. Not only will they leave the 6 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

May 6th - June 10th, 2009

Player's Name: _____

Age: _____ Grade: 1 2 3 4 5 6 7 8

Shirt Size YS YM YL AS AM AL

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: _____ CVC Code: _____

I as the players parent or guardian 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 session my card will be billed for the balance of the fees.

Card Holder: _____

Signature: _____

Clinic Fees

The Fee for the Lacrosse Clinic is **\$65.00**
This includes 6 training sessions
& a Clinic Jersey

Every Wednesday May 6th-June 10th, 2009
Boys 1st Grade-8th Grade 6:00pm-7:00pm

Session is limited to 40 players
On a first come first serve basis

Please make checks payable to:
CNYFSC