

# Western Springs Lacrosse



Looking for a great way to stay active this spring? Whether you have never played lacrosse or have experience, we have a program to fit your needs!

## Introduction to Lacrosse- Boys and Girls welcome!

Introduce and develop basic skills using fun games and coaching techniques. We will use a soft ball. Players can bring their own stick or we will have sticks available. No other equipment is necessary.

GRADE: K-8th grade

DAYS/TIMES: Sundays, 12:00 – 1:15pm 4/5-5/17 (No 4/12)

LOCATION: Lyons Township South Campus Field

COACHES: Western Springs Lacrosse coaching staff and Lyons Township HS players

FEE: \$115.00

320245 E

## Boys House League

We teach lacrosse with a focus on teamwork, sportsmanship and skill development led by positive coaching where everyone plays. Lacrosse fundamentals, offense, defense and game strategies will be taught.

Required equipment: Lacrosse stick, pads, mouthpiece, lacrosse/ hockey helmet, cup

For information on our limited supply of rental equipment, contact Kelly at [kletten@wsprings.com](mailto:kletten@wsprings.com).

DATES: March 1- June 7

TIMES/LOCATIONS: TBD.

All teams will be entered in a game league. Most games on Sundays with some exceptions. 1-2 Practices weekly

COACHES: Western Springs Lacrosse coaching staff and Lyons Township HS players

FEE: \$325

320245 A K-2nd grade

320245 B 3rd/4th grade

320245 C 5th/6th grade

320245 D 7th/8th grade

Register online at <https://recregistration.wsprings.com> or Registration form on [www.wsprings.com/lacrosse](http://www.wsprings.com/lacrosse) . Return form to: Western Springs Recreation Center, 1500 Walker Street, Western Springs, 60558 or fax to 708-246-1309

Please email Kelly Letten- [kletten@wsprings.com](mailto:kletten@wsprings.com) with any questions.