

## **2016 Webster Women's Lacrosse Club Programs**

### **Micro Lacrosse:**

We are expanding our presence with the boys club and their Micro Lacrosse Program. This entry level program is open to both boys and girls ages k-2<sup>nd</sup> grade. The 4 week session includes a stick and a T-Shirt. There isn't a better way to get introduced to the game of lacrosse as the program introduces players to the skills and games.

### **Spring Training New to Lacrosse Program:**

We are offering "learn to lax" and new to lacrosse program for any and all who want to try this great sport. This 4 week session will introduce girls age 3-6<sup>th</sup> grades to the sport. We will focus on the basics, providing an environment for newer players to listen, learn and have some fun without the intimidation of those who have been playing for some time. This session is geared to helping girls interested in entering the sport.

### **Spring Rall Season:**

This is our flagship program designed for girls ages K-6<sup>th</sup> and all skill levels. The season will run from Mid-March to very beginning of June. This includes 2-3 practices per week, 6-7 RALL (Rochester area lacrosse league) games and 2-3 tournaments. Additional opportunities for play dates established. The focus here is individual skill development, team play, introduction to the sport, sportsmanship and most importantly fun for the girls.

### **Summer Tournament Team:**

We will again offer summer tournament team extensions for our 3-4 and 5-6 age girls. The WWLC Tournament Team is an opportunity to play in a competitive tournament setting upon the completion of our RALL season. This program is open to players with a minimum of **2 seasons** of lacrosse experience or equivalent (A season is defined as full participation in a Fall or Spring session.) The goal of the program is to enhance player development by introducing and increasing the competitive nature of the game.

### **Summer Camp:**

Webster Schroeder and Thomas coaches and players will be offering a youth summer camp. It's tentatively scheduled 7/11-14. The 4 day camp runs from 9-11:30 AM. It is a great way to build lacrosse skills and to learn from our Varsity coaches.

### **Summer Skills Clinic:**

Webster Women's Lacrosse Club is pleased to announce a summer session for those to continue their play and skill development over the summer. This 6 week session will be run by current and former Webster players in conjunction with a Club Parent. This goal of this program is increase skill development while maintaining a fun "summer" atmosphere for our participants. Sessions will include stations with drills, games, some game situation drills and perhaps some scrimmaging.

### **Fall Ball:**

Fall ball is a great way to keep the stick in your hands, get some runs in while still allowing time for all the other sports and activities Webster offers. This 6 week session runs September and October and includes our very own Seaway Classic tournament. A great display of lacrosse. Another great way for girls of all skills to have some fun.

**Fall Tournament Extension:**

This program is similar to our Summer Tournament extension. The WWLC Tournament Team is an opportunity to play in a competitive tournament setting upon the completion of our fall season. This program is open to players with a minimum of 2 seasons of lacrosse experience or equivalent (A season is defined as full participation in a Fall or Spring session.) The goal of the program is to enhance player development by introducing and increasing the competitive nature of the game.

**Winter Sessions:**

Carly Richtlin, Head Coach SUNY Geneseo Skills Clinic

Other options including TSE indoor and other area pick up options in the works.