

ANHS BOYS' LACROSSE FALL 2020 PROGRAM

PLEASE REGISTER @ www.anhslacrosse.com

REQUESTED DONATION: \$300

EVENTS	DATES	
3x/Week Practice	Oct. 6, Oct. 7, Oct. 8	
Tuesday: Speed & Agility	3:30PM -- 5:00PM	
Wednesday: Conditioning	3:30PM -- 5:00PM	
Thursday: Speed & Agility	3:30PM -- 5:00PM	
3x/Week Practice	Oct. 13, Oct. 14 Oct. 15	
Tuesday: Speed & Agility	3:30PM -- 5:00PM	
Wednesday: Conditioning	3:30PM -- 5:00PM	
Thursday: Speed & Agility	3:30PM -- 5:00PM	
3x/Week Practice	Oct. 20, Oct. 21, Oct. 22	
Tuesday: Speed & Agility	3:30PM -- 5:00PM	
Wednesday: Conditioning	3:30PM -- 5:00PM	
Thursday: Speed & Agility	3:30PM -- 5:00PM	
3x/Week Practice	Oct. 27, Oct. 28, Oct. 29	
Tuesday: Speed & Agility	3:30PM -- 5:00PM	
Wednesday: Conditioning	3:30PM -- 5:00PM	
Thursday: Speed & Agility	3:30PM -- 5:00PM	
3x/Week Practice	Nov. 3, Nov. 4, Nov. 5	No School Nov. 2
Tuesday: Speed & Agility	3:30PM -- 5:00PM	
Wednesday: Conditioning	3:30PM -- 5:00PM	
Thursday: Speed & Agility	3:30PM -- 5:00PM	
3x/Week Practice	Nov. 10, Nov. 11, Nov. 12	No School Nov. 11
Tuesday: Speed & Agility	3:30PM -- 5:00PM	
Wednesday: Conditioning	3:30PM -- 5:00PM	
Thursday: Speed & Agility	3:30PM -- 5:00PM	
TENTATIVE LACROSSE TRYOUTS	Tuesday, November 17 7:00PM -- 9:00PM Wednesday, November 18 7:00PM -- 9:00PM Thursday, November 19 7:00PM -- 9:00PM	

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*"Please note that the Constitution of the State of California requires that we provide a public education to you free of charge. Your right to a free education is for all school/educational activities, whether curricular or extracurricular, and whether you get a grade for the activity or class. Subject to certain exceptions, your right to a free public education means that we cannot require you or your family to purchase materials, supplies, equipment or uniforms for any school activity, nor can we require you or your family to pay security deposits for access, participation, materials, or equipment.
Note: All donations are voluntary"*