

BEGINNER LACROSSE PLAYERS WELCOME

 *Bloomington* ILLINOIS
PARK, RECREATION & CULTURAL ARTS

LEARN THE BASICS

STICK HANDLING
CRADLING
PASSING
SHOOTING

SUIT UP AND LEARN TO PLAY
THE FASTEST-
GROWING GAME IN THE COUNTRY!

INSTRUCTOR: IWU HEAD LACROSSE COACH, LINDSEY KELLAR
(EQUIPMENT SUPPLIED)