



Highlands Lacrosse Association

announces

2021 Fall Clinic Days

on

Sundays 9/12, 9/19, 9/26 & 10/3

All play levels welcome!

Girls & Boys K-2nd grades – 1pm–1:45pm at No. Highlands HS -

This will be a FREE clinic run by the Highlands Rec coaches. Sticks are provided and no equipment required.

Boys 3rd-8th grades – 12pm–1pm at Northern Highlands HS -

Come train with Kyle Ojakian, Highlands Varsity Boys Head Coach and founder of Brotherhood Lacrosse. This 1 hour clinic will include members of his coaching staff as well as Highlands Rec Lacrosse coaches. Cost is \$20.

Girls 3rd-8th grades – 2pm-3pm at Mahwah HS -

Come train with Mike Menzella, Highlands Varsity Girls Head Coach and cofounder of Xtreme Lacrosse. This 1 hour clinic will include members of his coaching staff as well as Highlands Rec Lacrosse coaches. Cost is \$20.

Register by September 9th at <https://hlalacrosse.teamsnapsites.com>

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