

# Growthegame  
<https://tclax.org/>



## ***Join One of the Fastest Growing Team Sports in the US!***

**Lacrosse has come to Lewis County with huge success! Try out this sport at one of our upcoming FREE clinics. No equipment needed.**

TCLA supports lacrosse teams for Grades 1-8 and play in the South Sound Lacrosse League. The season runs from March-May.

Registration for the 2023 season for Grades 1-8 will open in February 2023 @ <https://tclax.org/>

# ***Come Join Us at a Free Lacrosse Clinic!***

- ✓ **What is it?** Lacrosse is known as the fastest game on two feet. It combines the physicality of hockey, the offense and defense of basketball, the speed of soccer, and the hand eye coordination of baseball.
- ✓ **When and Where?** Mark your calendar for our upcoming **FREE Clinics** to try lacrosse out:
  - **October 1**, outdoors at Tiger Stadium in Centralia, 10:30-11:30 am
  - **November 10**, Indoors at the NW Sports Hub, from 6:30-7:30 pm
  - **December 15**, Indoors at the NW Sports Hub, from 6:30-7:30 pm
- ✓ **What do I Need?** No experience or equipment needed for these free clinics. All kids in grades 1-9 are welcome
- ✓ **I love this! How do I play on the Twin Cities Lacrosse Team?** Registration for the 2023 season for Grades 1-8 will open in February 2023 @ <https://tclax.org/>
- ✓ **What will I need to play on the team?** We will give first time players a free stick and will hold a used gear swap. Players wear a helmet, chest pad, gloves, arm pads, cleats, mouth guard and athletic cup. Used lacrosse gear is easy to find at Play it Again Sports or Sidelineswap.com or new at Dicks Sporting Goods.



***Save this link to  
Twin Cities Lacrosse  
for more info***