



El Segundo Girls Lacrosse 2023 Summer Sessions

“The Fastest Sport on Two Feet” is Back for Summer! Register Today

Keep your stick skills sharp and have fun on the field as the girls play games and train with our awesome group of coaches.

New players welcome!!!

June 14, 2022 – August 16, 2022

Practice Sessions: Wednesday Evenings at Campus El Segundo

K-2 (Kindergarden-2nd)	5:00 - 6:00 PM
Elementary (3rd-5th)	5:00 - 6:00 PM
Middle School (6th-8th)	6:30 - 7:30 PM

Costs

\$20/Player Each Session.

Pay on the day of the session and for only the sessions you can attend.

Sibling Discount: 2 Siblings \$30 and 3 Siblings \$35

Registration Link: <https://go.teamsnap.com/forms/373352>



All New Players are welcome to join us for a free session.

Mandatory Annual USA Lacrosse membership required to register (\$30)

<https://www.usalacrosse.com/membership> * includes supplemental insurance.

Required Equipment: Mouth Guard, Goggles, and Girls Lacrosse Stick

If you need to borrow equipment, we'll have some sticks, goggles, and mouth guards at the field.

Boys K-8th Grade: Campus El Segundo Thursdays, Rec Park Tuesdays and Fridays, Beach Saturdays

Info on Boys Lacrosse: Coach Woodie: woodie@westpointaog.net or call/text 310-488-0617

Questions:

Josh Cwikla: joshcwik@esglax.org or 818-984-4696

Visit our website for additional information: <http://esglax.org/>

See Coach Woodie's "Learn to Throw and Catch Less Than 15 min" Video <https://youtu.be/Av90iq3mKcM>



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***Our 17th year serving El Segundo and South Bay athletes and families
(El Segundo Girls Lacrosse is not affiliated with ESUSD)***