



## TRY LACROSSE!

Avon Lacrosse is holding 4 clinics this fall for any boys or girls in grades 5-8 interested in playing spring lacrosse!

## What is lacrosse?!

- It's like basketball (or hockey) ...on a soccer field, with STICKS!
- The oldest game in North America, played as early as the 1100s!
- Called "the medicine game" or "the fastest game on two feet"!
- Created by Native Americans and played all over the WORLD!

## How can I register for a FREE clinic?

Scan the QR code below (or head to [www.avonlacrosse.club](http://www.avonlacrosse.club)) and register for one of our 4 FREE co-ed lacrosse clinics! The clinics will be held at AIS East (football field) and all required equipment will be provided but you must register online to participate!

## CLINIC DATES

Aug 27 10A-noon  
Sept 03 10A-noon  
Sept 10 10A-noon  
Sept 17 10A-noon

