



2025 PVYA Girls Lacrosse Winter Workouts & Clinics

Open to K - 8th Grade
Sundays January 12th - February 23rd

Register at: pvyagirlslacrosse.com

Registration Dates: 10/8 - 12/30

**Must register by 12/20 for a winter workout t-shirt*



Winter Workout Schedule

Location: PVI Gym

Cost: \$50 (Includes t-shirt if registered by 12/20)

Times:

- K-4 - 11:00a-12:30p
- 5-8 - 1:30p - 3:00p

Winter Clinic Schedule

Location: PVI Gym

Cost: \$5 per clinic

Times:

- K-4 - 12:30p - 1:00p
- 5-8 - 1:00p - 1:30p

****Come as often as you are able****

Equipment Needed: Lacrosse Stick*, Goggles*, Mouthguard, Sneakers

** Items on hand to borrow*

For Beginners and Seasoned Players

This is a great way for new girls to get a head start on the season and our veteran players to have their sticks back in their hands before the season.

Contact: [Kimberly Jeffreys, pvyagirlslacrosse@gmail.com](mailto:KimberlyJeffreys,pvyagirlslacrosse@gmail.com)

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