



Woodville Lacrosse Club
Warrior Park (Findon Oval)
Drummond Avenue
Findon 5023
<http://www.warriorslax.com>

You are invited to attend the

WOODVILLE WARRIORS LACROSSE CLUB JUNIOR DEVELOPMENT SQUAD

- OPEN TO ALL UNDER 21 PLAYERS, whether they are involved in coaching or not.
- A requirement for all coaches under the age of 21, all coaches without a lacrosse background
- All junior coaches who are new to coaching or who would like to develop their coaching are welcome to attend

COACHING STAFF:

Coaches Andrew Young, Cathy Conaghty and Mark Southwell
Specialists Coaches Charles Manning
James Inge
Craig Schicker

COST: \$60.00 includes refund of \$20 to come off 2007 Playing Fees / Subs on successful completion of required number of training sessions.
Training top and lacrosse ball provided.

REQUIREMENTS FOR SUCCESSFUL COMPLETION: attendance at least 12 of 17 sessions.

VENUE: Grange Primary School Oval, Surrey Street, Grange

TIME: 9:30am to 11:30am Sunday morning

WHAT TO BRING: Lacrosse stick, Water bottle and running shoes

DURATION: SEMESTER 1 2006, SUNDAY, NOVEMBER 4TH TO SUNDAY, DECEMBER 16TH (7 sessions)
SEMESTER 2: 2007, SUNDAY, JANUARY 13TH TO SUNDAY, MARCH 16TH (10 sessions)

PROGRAM:

- FITNESS as designed by Jurgen Klus, coaching director LacrosseSA
- STICK SKILLS
- SPECIALIST TRAINING (eg, goaltending, face-off)
- UNDERSTANDING THE GAME

For further information contact Andrew Young 8353 6158 or 0422 005 281