***Why Female Hockey Players should play Girls Field Lacrosse…***

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* It helps prevent sport burn-out by playing a new fast paced sport
* Players learn to play both offensive and defensive positions
* Lacrosse increases hand-eye coordination when stick handling
* Lacrosse teaches you to play with your head up and to be aware of your surroundings
* Offensive scoring skills are honed by shooting at smaller targets and picking corners
* Lacrosse teaches the creativity of fakes, back passes and shots
* Players learn to make fast transitions from offense to defense and vice versa
* Lacrosse reinforces the importance of quickness and agility around the net
* Lacrosse reinforces positional play even when the player doesn’t have the ball
* Players learn to be scorers by shooting in traffic and picking corners
* Girls make a whole new set of friends
* Players can choose to play house league (once a week) or rep (twice a week with games on weekends).
* There are a lot of scholarship opportunities for skilled lacrosse players in the OUA and NCAA
* Lacrosse is FUN!



Come to our **FREE** “*try before you buy”* event on Family Day, February 19 at Bechtel Park’s indoor Fieldhouse in Waterloo from 2:30-4pm

**JOIN ONTARIO’S FASTEST GROWING TEAM SPORT**

**Girls Field Lacrosse**

New players wanted for:

House League and Rep in

U6, U9, U11, U13, U15, U19

Yes! that’s ages 3-19!

House League runs Thursday nights in May and June.

Rep teams practice Tuesday and Thursday evenings with games on Saturday **OR** Sunday.

Rep tryouts start in April and the season ends with a Provincial Championship tournament at our very own RIM Park in late July.

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For registration information, click the

***Girls Field Lacrosse Registration***

tab at www.kwmla.com or go directly to *Girls Field Lacrosse* registration at

[http://www.kwminorlacrosse.com/page/show/3829487-2018-girls-field-registration](http://www.kwminorlacrosse.com/page/show/3829487-2018-girls-field-registration-)

Or contact

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