

## 2019 Youth Pre-Season Practice

**RETURNING PLAYERS** - If your son or daughter played on a 2018 Spring Team, they need to register for the 2019 Pre-Season Practice Sessions. (The 2019 Try Lacrosse program is for NEW players.)

The Waukesha Lacrosse Club is excited to announce its Winter Preseason Practice for all youth players. Indoor practice will be at STiks Academy ([www.stiksacademy.com](http://www.stiksacademy.com)). Don't miss this great opportunity to improve your lacrosse skills and be a step ahead of the competition. The regular season begins right after the completion of the preseason session. See -registration information below.

Preseason practice will focus on lacrosse fundamentals: passing, catching, shooting & ground balls. Coaches will emphasize proper form and fundamentals. Every practice will include a variety of drills / players will get lots of "touches" in an excellent in-door turf field environment. The goal of preseason practice is to improve player's skills and prepare players for the Spring Season.

### Pre-Season Practice Information

8-week session - Wednesdays 1/2/19 – 2/20/19

Location: STiks Academy (S5197 W240 Kuenzi Lane, Waukesha)

Times:	All Youth Girls:	6:00 – 7:00 pm
	3rd – 4th Grade Boys:	7:00 – 8:00 pm
	5th – 8th Grade Boys:	8:00 – 9:00 pm

Coaches- Girls:	WLC Youth girl's coaches
Coaches- Boys:	WLC Youth boy's coaches

**USL Membership:** You **MUST** have a current **US Lacrosse membership (valid thru 2/28/19)**

PRIOR to registering, check your status/renew membership at: [www.uslacrosse.org](http://www.uslacrosse.org)

**Player fee: \$40**

**Equipment:** Full lacrosse equipment required for all participants  
**Waukesha Club equipment rental NOT available**  
Rentals are available from **Hot4Lax** (21675 Doral Rd Unit A, Waukesha)