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All Practices will be located at Aspen Park on the large field on the back side, located off Muir and Lyell Streets.

Practice Dates

3rd-5th grade 5:30-6:30

6th-8th grade 6:30-7:30

- 1) May 15th
- 2) May 20th
- 3) May 22nd
- 4) May 30th

Game Dates

Tuesdays

June 11, 18 & 25

July 2

Thursdays

June 13, 20, 27

Times TBD



Welcome to Douglas County Parks and Recreation's 'Coed Beginning Lacrosse' Camp/Clinic and League @ Aspen Park.

This program is designed to introduce children to the emerging sport of lacrosse. Kids will be playing with Soft Sticks and will only be required to wear a mouth guard (Provided) for protection. Practices and "games" will be held, one to two times a week, for 1 hour. Kids will be grouped according to skill level, attitude and knowledge and grade level. Volunteers will act as coaches and officials. We will practice fundamental lacrosse skills in a camp style format. We will break into sections and rotate through each station throughout the practice. Following a few sessions of this format, we will evolve into scrimmage/game type contests.

Please prepare your child for physical activity with gym friendly shoes or cleats, a sealable water bottle, shorts/sweats, a light undershirt.

Your child will be issued a jersey prior to the first game. You are allowed to attend practices but must remain on the sidelines unless invited onto the field. Siblings and other guests must be supervised at all times and may not be allowed to run freely through the field of play.

Practices will be hosted in a group style format (3rd, 4th and 5th Grade) from 5:30-6:30, and (6th, 7th, and 8th Grade) from 6:30 -7:30 in the month of May. Team selection will take place June 1st and games will be played throughout the month of June.

Pictures will be offered for all kids and the entire camp. Time and date TBD. We will take a large group photo, and then you will have the option to get individuals done. Belinda Grant photography will be responsible for that. You may download an order form from our website @ dcp sports.com or contact Belinda direct at Belinda Grant

photogrant@msn.com

