



- Who:** Anyone who is interested in playing Lacrosse
- What:** Lacrosse Skills Sessions
- When:** March 3rd, 10th, 17th & 31st from 6 pm—7 pm
- Where:** Hancock County Memorial Building (98 East North St. Greenfield)
- Why:** To raise awareness of our plans to bring Lacrosse to the Greenfield area. Also to allow anyone who wants hands on experience on how to play the “fastest growing sport in the country.”
- Cost:** **FREE**

We will provide all of the equipment you will need. Here is what you can expect on the first night:

- 1) Overview
- 2) Stretching
- 3) Introduction to game and the equipment
- 4) Drills
- 5) Scrimmage

Please wear athletic shoes without black soles and comfortable clothing (shorts & t-shirt)