

# FREE GIRLS LACROSSE CLINICS

## Open to Elementary & Middle School Girls

who are interested in trying Lacrosse or are registered with a local team and want to work on their lacrosse fundamentals.

### Hosted By

**NSI Girls Lacrosse**, a non-profit club that serves the Bellevue community in the attendance areas of Newport, Sammamish, and Interlake High School's.

### Dates & Time

Fri, January 3, 2020, 5-7PM  
Mon, January 6, 2020, 5-7PM  
Fri, January 10, 2020, 5-7PM  
Mon, January 13, 2020, 5-7PM

### Location

**Bellevue College Gym**  
2800 Snoqualmie River Rd,  
Bellevue, WA 98005  
*Parking lot 16 is free after 5pm.*



We'll be in the northern most court of the three gyms, please check-in at the registration table.

Bring gym shoes, a water bottle, and girls lacrosse gear (stick, eye protection, mouth guard) if you have it. If not we will have equipment to borrow on a first come, first serve basis. The clinic will be a mix of fundamental lacrosse skills and games, with a focus on fun! We can accommodate 80 girls per clinic, and your daughter is welcome to attend more than one clinic.

Register at  
<http://nsilacrosse.org>



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