

**WESTERN SPRINGS  
LACROSSE**  
[www.wsprings.com/lacrosse](http://www.wsprings.com/lacrosse)

Winter & Spring Lacrosse Programs for 2019 Registration starts December 7<sup>th</sup>.

1. Online at <https://recregistration.wsprings.com> or 2. Click on for [Registration forms](#) for boys & girls house programs for winter & spring 2019. Return form to: Western Springs Recreation Center, 1500 Walker Street, Western Springs, 60558 or 3. Fax to 708-246-1309

Western Springs Lacrosse offers programs for boys and girls, K thru 8<sup>th</sup> grade for beginners, experienced and advanced players. Both Travel & House programs are available. See below for program descriptions

Registration is open to all including Western Springs, Hinsdale, Lagrange, Lagrange Park, Countryside, Riverside, Brookfield, North Riverside, Clarendon Hills, Burr Ridge, Oak Brook, Pleasantdale, Willowbrook, Downers Grove and all surrounding areas.

**Boys Winter Intro to Lacrosse**

**BEGINNERS ONLY - K – 2<sup>nd</sup> grade**

Dates: Sundays, Jan 27 – March 10 Time: 3:30 – 4:45 pm  
Location: Grand Ave Gym Fee: \$90.00 R/NR Code:  
Grade/Age 220245 A K-2nd Instructors: Spring League  
Coaches/College/High School

Introduce and develop basic skills using fun games and coaching techniques. We will use a soft ball. Player can bring their own stick or we will have sticks available. No other equipment is necessary.

Contact [kletten@wsprings.com](mailto:kletten@wsprings.com) for more info.

**Boys Winter Skills Clinic**

Beginners and experienced from K – 8th grade. Lacrosse focus will be on learning lacrosse skills in offense, defense and game strategies. Emphasis in scrimmages will be on skill development, teamwork, and sportsmanship.

Dates: Sundays, Feb 3rd – March 17th (no 2/17) Time: 1-2:30pm Location: Westmont Yard Fee: \$170.00 R/NR Code:  
Grade/Age 220245 B K-4<sup>th</sup> 220245 C 5<sup>th</sup> – 8th Instructors:  
Spring League Coaches/College/High School

220245 AS Equipment Rental includes stick, helmet, pads & gloves

**REQUIRED EQUIPMENT:** K thru 8th grade: Lacrosse stick, mouthpiece, lacrosse or hockey helmet with face guard; shoulder pads, elbow pads, lacrosse gloves, and cup. No cleats **STICK REQUIREMENT** - STX Boys' Stallion 50 Lacrosse Stick Approx \$30 at Dicks

Contact [kletten@wsprings.com](mailto:kletten@wsprings.com) for more info.

Girls Winter 2019  
Lacrosse

**WINTER GIRLS LACROSSE SKILLS  
CAMP**

Indoor Play is a different—but equally fun—experience from that of traditional outdoor lacrosse. The field is smaller and faster, and the walls are the boundaries. Indoor winter lacrosse is a perfect way to keep your skills intact between fall and spring, or to try the sport for the first time. IGLA Winter Camps & Clinics are designed for K – 8th graders of all experience levels.

Grades: K-8th grade Days: Wednesdays, 6 – 7pm  
Location: Grand Ave Gym Min/Max: 10/30  
Coaches: Illinois Girls Lacrosse Association Fee:  
\$130.00 R/NR Session 1 Code 270244 G Jan 9 –  
Feb 13 Session 2 Code 270244 H Feb 20 – March  
27

For more information on girl's house lacrosse, email Kelly  
[kletten@wsprings.com](mailto:kletten@wsprings.com).

**REGISTRATION INFO**

All boys & girls programs for winter and spring 2019 registration open Dec 7th

- Register online at <https://recregistration.wsprings.com>.
- Click here for [Registration forms](#)
- Return form/s to: Western Springs Recreation Center, 1500 Walker Street, Western Springs, 60558
- Fax to 708-246-1309

All dates, fees and information are subject to  
change

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[www.wsprings.com/lacrosse](http://www.wsprings.com/lacrosse), call 708-246-9070 or  
Email [mthuma@wsprings.com](mailto:mthuma@wsprings.com) for boys travel programs Email  
[kletten@wsprings.com](mailto:kletten@wsprings.com) for boys house programs & girls programs