

# ITS LACROSSE TIME AGAIN!

KINSMEN "LEARN TO PLAY"

**FREE**

KMLA ARE PLEASED TO ANNOUNCE "LEARN TO PLAY" NIGHTS

**-JAN.6 & 20 2010**

**-FEB.3 & 17 2010**

**-MAR.3 & 17 2010**

AT THE CAPITAL NEWS CENTER(CNC)

ON GORDON, **TIME-6:15-7:45 PM**

OPEN FOR ALL KIDS **AGES 5-11**

BRING A HELMET W/MASK, GLOVES, MOUTH GAURD, RUNNING SHOES, STICK, ATHLETIC SUPPORTER, WATER BOTTLE (WITH WATER), OR JUST ALL YOUR EQUIPMENT, (SOME STICKS ARE AVAILABLE), A PARENT TO SIGN YOU UP, AND AWAY WE GO.

LEARN TO: - SCOOP  
- CRADLE  
- CATCH  
- THROW  
- SHOOT

COACHES ARE STRONGLY ENCOURAGED TO HELP THE KIDS. PLEASE CONTACT RANDY GALE (VP RECRUITMENT) AS SOON AS POSSIBLE AT [RRIVER65@HOTMAIL.COM](mailto:RRIVER65@HOTMAIL.COM)