



2010 WINTER SKILL SESSIONS

Rogue Lacrosse is putting on an eight week skill session at the ADK sports complex. We will focus on skill development along with teaching the basic concepts of the game. We will break up into three age groups and the Rogue coaches will put the players through various drills that will help develop the necessary skills to play lacrosse.

Date: Jan 11th-March 8th Location: ADK Sports Complex (Queensbury)
(Mondays)

Times: 7:00-8:00 (1/11, 1/18, 1/25, 2/1, 2/8, 2/22, 3/1, 3/8) (no skills on 2/15)

Divisions: Modified (5th-8th)
Junior (9th-10th)
Varsity (11th-12th)

****Players can play up or
down depending on skill level****

Registration: Online or Check (Space is limited)

Cost: \$125

*Make Checks payable to Josh Porcell
Send checks to: Josh Porcell 8 Hopeful Lane , Gansevoort NY 12831*

All players must be US LACROSSE members in order to play (www.uslacrosse.org). ADK Sports Complex also requires all participants to have a Photo ID/Membership card. The annual ID card costs \$10. Players will need to show their ID cards to get in the dome for games and other activities. Please go to www.adksc.com and click on "[Membership](#)."

www.RogueLacrosse.com



SKILLS SESSION FORM
Session 2- ADK Sports Complex (Queensbury, NY)

Name: _____		Grade _____	
School (Program): _____		Level (circle): MOD JV VAR	
Position (Circle): Att Mid Def Goalie		Years Of Exp: _____	
D.O.B ____/____/____			
US Lacrosse ID # (Covers Insurance) _____			
(If you do not have one register at www.uslacrosse.org)			

Address: _____	
City: _____	
State: _____	Zip: _____
Email: _____	
Phone # Home _____	Cell _____
Emergency Name and Contact #: _____	
Form of Payment (circle): Online or Check	

www.RogueLacrosse.com

