



Free Weekend Lacrosse Clinics

For the 8th consecutive year, CityLax, Inc., a not-for-profit partner with the PSAL, will organize, staff, and conduct **FREE weekend pre-season lacrosse clinics for boys and girls** during mid-December through late February. The schedule is listed below and will be posted on the PSAL Website.

We will stage these clinics at a PSAL high school site **in each borough** to make it convenient for your players and coaches to attend/learn. Our CityLax Volunteer coaches are all former college players (many All-Americans) who now work in the New York area and are **willing to give back to the game of lacrosse**. In a sport where you usually have to pay substantial fees for this type of coaching, your kids will receive excellent instruction from a passionate group of men and women who believe in furthering the CityLax mission of growing the game of lacrosse in New York City public schools.

The positive impact these clinics have had on PSAL lacrosse development has been well documented. Schools that send their players to these clinics have successful PSAL seasons. Simply put, the sessions are a great opportunity for your school to **introduce** the game to 9th and 10th graders who have not played lacrosse and to have your **returning players** hone their skills before the spring season starts on March 1st. Your kids will receive superb instruction/mentoring from top players and great role models.

The clinic **schedule is below** and a separate copy is **attached**. To participate, all players require a completed PSAL Medical form, a PSAL Parent Consent form, and full equipment. CityLax may be able to provide some fill in equipment upon request. All clinics will be **outside**--a copy of the **weather procedures is attached**. We look forward to working with all players (beginner and experienced) and PSAL lacrosse coaches this winter.

Mat Levine
CityLax, Inc.
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CityLax Free Winter Lacrosse Clinic Schedule 2012-13: PLEASE POST

Bronx: Columbus High School ---- SATURDAYS 10:00 am – 12:00 noon

- **Address:** 925 Astor Avenue, Bronx, NY
- **Closest Subway(s):** 5, 2

Brooklyn: School for Professional Development/Brooklyn Tech Athletic Field ---- SUNDAYS 10:00 am – 12:00 noon

- **Address:** 510 Clermont Place Brooklyn, NY
- **Closest Subway(s):** B, Q, 2, 3, 4, 5

Manhattan: Frederick Douglass Academy--SUNDAYS 10:00–12:00(Boys) / 12:00–2:00(Girls)

- **Address:** 2581 Adam Clayton Powell Junior Boulevard, New York, NY
- **Closest Subway(s):** 2, 3, B, D, A, C

Queens: Forest Hills High School ---- SATURDAYS 11:00 am – 1:00 pm

- **Address:** 67-01, 110th Street, New York, NY
- **Closest Subway(s):** F, M, R

For more information about CityLax and its programs, contact:

mat.levine@citylax.org

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www.citylax.org

CityLax, Inc. is a 501c3 Non-profit Organization; Fed Tax ID# 20-4531166



Staten Island: Curtis High School ---- SUNDAYS 9:30 am – 11:30 am

- **Address:** 105 Hamilton Avenue, New York, NY
- **Public Transport:** 8:30 am Ferry from Whitehall Terminal in lower Manhattan

Clinics will be held every weekend starting 12/8/12 and ending 2/10/13. There will be NO CLINICS held December 22, 23, 29, or 30, due to the holidays.

CityLax Clinic Volunteer Coordinators:

Zach Chandis (zchandis@amausa.com)

Nancy Planitzer (Nancy.Planitzer@gmail.com)

Important Notes:

****Medical and Parent Consent required to be on file for each player.**

http://www.psal.org/psalsports/pdf/athlete/2011_InterscholasticAthleticsParentalConsentForm.pdf

http://www.psal.org/psalsports/pdf/athlete/2011_2nd_InterscholasticSportsExaminationform.pdf

*****CALL CityLax HOTLINE 212-613-5466 for update 1.5 hours before each clinic if there are weather issues.**

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