

Girls High School Lacrosse
Informational Sheet for 2011-2012 Season
www.londonderryquicksticks.org

- **Weight Training (available to all teams)**
 - Begins the week of 11/28
 - Mon 2:45, Tues 4:15, Thur 2:45
 - At the High School Gym with the School's trainers
 - No cost
 - In January, Fri (optional) after school – 45 minutes - speed/conditioning

- **Indoor Lacrosse Training (available to all teams)**
 - 12/15 thru 3/15 (13 weeks)
 - Thursday nights 5:00 – 7:00pm (no Indoor session on 12/29 or 3/1)
 - At the SportsZone, 7 A Street, Derry, NH
 - Cost per person = \$130 (payable to Londonderry Quick Sticks Booster Club)

- **Tomahawk Indoor Lacrosse (available to all teams)**
 - 1/22 thru 3/11 (7 weeks)
 - Sundays (times will vary by week, likely in the morning)
 - Games only, no practices
 - At the NH Sportsplex, 68 Technology Dr, Bedford, NH
 - www.nhtomahawks.com
 - Cost per person = \$125 (more details to follow on registration)

- **Spring Tryouts (all teams)**
 - 3/19 thru 3/21, Time tbd
 - At the SportsZone, 7 A Street, Derry, NH

- **Florida Spring Training Trip (Varsity Team-invited 20 players)**
 - 3/23 – 3/27

- **Lacrosse Pizza Party - Welcome Teams and Kick off the Season (all teams)**
 - 3/29, after practices
 - High School Café
 - Parents invited
 - More Details to follow

Registration for INDOOR LACROSSE TRAINING - SportsZone 12/15/11 – 3/5/12

Player Name: _____

Player Grade: _____ E-mail: _____

Fee: \$130 for 13 Weeks – Make Check payable to “Londonderry Quick Sticks Booster Club”

Mail to: Mary Koon, 7 Anthony Drive, Londonderry, NH 03053

For Quick Sticks Use Only:

€ CASH

€ CHECK Check # _____ Comments: _____