

# 2009 Middlebury College Annual Women's Lacrosse Clinic

## Sunday, March 1st, 2009

**WHO:**

5-12th Grade Players & Coaches

**WHEN:**

Sunday, March 1st, 2009  
Coaches clinic: 12-1:00pm\*  
Players clinic: 12:30-3:30pm\*\*

**WHAT:**

Skills including....  
Catching, throwing, cutting,  
groundballs, shooting, checking, offense  
and defense strategy,  
goalkeeping....competitive situations  
AND more!

**WHERE:**

Kenyon Arena in the "Bubble",  
Middlebury College

**HOW:**

Send in the registration form with check  
by February 25.

**COST:**

Coaches - \$10  
Players - \$35

\* Coaches clinic in Kenyon Classroom. Coaches  
are welcome to watch player clinic

\*\* Player registration @ 12pm in the Bubble

**Questions?**

Contact Assistant Coach, Heidi Howard  
802-443-2293 or [hhoward@middlebury.edu](mailto:hhoward@middlebury.edu)



Clinic sponsored by:

**WHAT TO BRING:****PLAYERS:**

Lacrosse Stick, Water Bottle  
Practice clothes, Mouth guard & Eyewear  
\*\*9<sup>th</sup>-12<sup>th</sup> graders should bring warm clothing for outdoors  
in case we can be on the Astroturf for part of the clinic.

**COACHES:**

Lacrosse Stick, Notebook & pen

*Chance to win a free stick and other fun gear!*

**THE MIDDLEBURY STAFF****The 2009 Middlebury Lacrosse Team**

**Missy Foote:** Head Lacrosse Coach, *Springfield '74, Coach of  
5 National Championship Teams, 5 X National Coach of the Year*

**Heidi Howard:** Assistant Lacrosse Coach, *Middlebury '99,  
3 X National Champion, 3 x All American,, Player of the Year*

**Katharine DeLorenzo:** Assistant Lacrosse Coach & Head  
Field Hockey Coach, *Goucher '90, '95-'01 Skidmore Head  
Lacrosse and Head Field Hockey Coach, 2003 National Field  
Hockey Coach of the Year*

**Reid Berrien:** Assistant Lacrosse Coach, *Middlebury '08,  
All-American, 3 x NCAA Final Four*



Middlebury Lacrosse Clinic—Registration Form

\*\*RETURN BY FEBRUARY 25 \*\*

Please Print Legibly:

Name: \_\_\_\_\_

Address \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_ If goalie, can you bring your own equipment?

Position (Circle):    Attack            Midfield            Defense            Goalie

School: \_\_\_\_\_ HS Grad Year: \_\_\_\_\_

Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Email: \_\_\_\_\_

Parent's E-mail: \_\_\_\_\_ Parent/Guardian Name: \_\_\_\_\_

**Return Check (payable to Middlebury College Women's Lacrosse) and Registration Form to:  
Heidi Howard, Women's Lacrosse, Memorial Field House, Middlebury College, Middlebury, VT 05753**

**Sign up via email is available but check must be presented at registration in order for player to participate:  
hhoward@middlebury.edu**

*SORRY, NO REFUNDS*