

# ***CLINTON COUNTY LACROSSE***

WWW.CLINTONCOUNTYLACROSSE.COM

## **CONTACT INFO**

SHANE LIEURANCE (937) 725-2999  
CLINTONCOUNTYLACROSSE@YAHOO.COM  
ALSO ADD "CRUSADERS LACROSSE" ON FACEBOOK!

## **DUES**

**HIGH SCHOOL:** \$125 IF PAID BY JANUARY 31<sup>ST</sup>, 2012. AFTER THIS DATE THE DUES WILL GO UP TO \$175.

**MIDDLE SCHOOL:** \$100 IF PAID BY JANUARY 31<sup>ST</sup>, 2012. AFTER THIS DATE THE DUES WILL GO UP TO \$150.

US LACROSSE INSURANCE FEE IS ALREADY INCLUDED IN DUES

**\*ALL DUES AND PAPERWORK ARE TO BE IN NO LATER THAN FEB. 27TH (FIRST DAY OF CONDITIONING)**

## **CONDITIONING**

SLIGO GYM – ADAMS TOWNSHIP BUILDING  
389 S. BEECHWOOD RD IN SLIGO

WE ARE BEING CHARGED FOR USE OF THE GYM. EACH PLAYER NEEDS TO BRING \$5 FOR CONDITIONING THAT WEEK. BRING WATER!

MONDAY, FEBRUARY 27<sup>TH</sup> - THURSDAY, MARCH 1<sup>ST</sup>  
6:00 P.M. – 8:30 P.M.

FRIDAY, MARCH 2<sup>ND</sup>  
6:00 P.M. – 8:00 P.M.

## **PRACTICE**

J.W. DENVER WILLIAMS PARK  
1100 ROMBACH AVENUE IN WILMINGTON  
(NEAR THE HIGHWAY STATE PATROL)

OUTDOOR PRACTICE BEGINS MONDAY, MARCH 5TH

MONDAY – THURSDAY 5:45 PM – 7:45 PM  
FRIDAY 5:45 PM – 7:15 PM

**PLAYERS ARE EXPECTED TO BE STRETCHING IN FULL EQUIPMENT BY 5:30 EACH DAY. REMEMBER TO DRESS IN LAYERS & BRING WATER!**