



PRESENTS

SWR WILDCAT YOUTH GIRLS LACROSSE  
INDOOR WINTER TRAINING  
K-8<sup>th</sup> grade

When: 14 WEEKS

11/4, 11/18, 11/25, 12/2, 12/9, 12/16, 1/6, 1/13, 1/27,  
2/3, 2/10, 3/2, 3/9, 3/16

Time:

4:30pm - 6:00 pm

Where:

The All Star Arena - 635 Middle Country Rd. Coram

Cost:

\$150 for all 14 weeks - 90 minute / session indoor trainings

Coaches:

SWR Youth Coaches, Varsity Coaches and Varsity Players