



Whitewater Summer Stick Skills

The Coaches and Whitewater alumni college players are offering current and rising 9th grade Wildcats a chance to improve their stick skills and to enhance their knowledge of lacrosse. All current players and rising 9th grade and above are highly encouraged to participate.

When: Workouts will be every Monday and Tuesday starting at 9:00 AM and going until 11:00 AM. Workouts will include wall ball, stick skills, box lacrosse, ultimate lacrosse and small sided games to enhance the players' ability to execute at a high level. Our goal is to give each player over 1000 touches in 120 minutes 2 times per week!

The dates are as follows: (we will start on Monday, June 4th)

June: 6/4, 6/5, 6/11, 6/12, 6/18, 6/19, 6/25, 6/26

Where: Whitewater High School Lacrosse Practice Field.

Cost: \$100.00 for the sessions. (approx. \$12 per session or \$6/hour) Make checks payable to Whitewater Lacrosse Booster Club. Full fee is required and payments can be given to Shannon Bonner

Equipment: All equipment is required to participate.

** A waiver and insurance information must also be signed in order for player to participate. **
**(Waiver online in the "Forms" menu at <https://whswildcatslax.org>) **

Whitewater coaches and Whitewater Alumni College Players (Jacob Michel and Quentin Van Hoozer) will be involved in running these sessions. These sessions are being offered to enhance the players' ability as well as to grow our program. This is not a substitute for your summer travel teams or other school sports Summer programs. We are not trying to take that opportunity away from any player who has commitments to play during the summer. This is why we offer these sessions in the mornings, so it does not conflict with any other school sports Summer programs or with your travel lacrosse teams.

Please contact Coach Kilgore (kevinrobertkilgore@gmail.com) if you have any questions.

Your Alumni Instructors:

- Jacob Michel – Goalie – Class of 2014 – Pfeiffer University Lacrosse
- Quentin VanHoozer – Midfield and Face-off – Class of 2015 – Emmanuel College Lacrosse