



RISE is pleased to announce the addition of indoor lacrosse programs for boys and girls, in conjunction with Richmond Shock Lacrosse Club. These new and exciting programs will feature both a Competitive League (for players ages 12-18) as well as an Instructional League (for players ages 8 - 11).

Richmond Shock Instructional Lacrosse League

This league has been designed to provide players with the opportunity to learn, improve and sharpen their skills in a structured and safe environment. Each player will receive both group and individual coaching on the fundamentals of lacrosse, including catching, throwing, shooting, dodging and team play strategies.

Instructional League Details •• Ages 8 & 9

Players ages 8 & 9 (both boys and girls) will play on Saturdays, starting November 7th, 8:30-9:30 am. This league will run for 6 weeks, ending on December 19th (no sessions the weekend of Thanksgiving). Each player will receive individual and team coaching, provided by the Richmond Shock Coaching Staff and current Varsity players. Each player will be responsible for providing their own stick and mouth guard, reversible jerseys will be provided.

The cost for this league is \$65 per player.

Instructional League Details •• Ages 10 & 11

Players ages 10 & 11 (boys only) will play on Saturdays, starting November 7th, 9:30-10:30 am. This league will run for 6 weeks, ending on December 19th (no sessions the weekend of Thanksgiving). Each weekly session will be broken down into two parts: The first half hour will be set aside for instruction, aimed at helping players improve their lacrosse skills with the use of line drills, individual instruction and one-on-one play. The second half hour will consist of a 25 minute game, allowing players to put their skills into effective use on the field. Players will be responsible for providing their own equipment (helmet, arm guards, gloves, shoulder pads & mouth guard).

The cost for this league is \$75 per player.

NO CLEATS ALLOWED!! •• Turf shoes or tennis shoes only!!

To register for either of these instructional leagues, please visit:
www.richmondshock.com or contact **Paul Ralph** at 804.339.7323
or by email: ralph-richmondshock@comcast.net.