

# Beginner & Intermediate Box Lacrosse

Winter 2012 • 8-Week Program



Why start with the Box Lacrosse Academy? Simple—we place a major emphasis on developing stick skills, the correct way, while having a ton of fun. Learning how to shoot, pass and catch correctly enables our students to enter field lacrosse leagues, our own house leagues or travel program with the tools to succeed.

This program is co-ed, non-contact. Program director Shaydon Santos (12 year National Lacrosse League professional player, Former Captain of the San Jose Stealth, SCCAL US Lacrosse Coach of the Year, World and National Champion) and his team of instructors will build your stick skills, introduce game concepts and turn you into a Warrior.



## DATES/SCHEDULE

- 8 week program
- Sundays: Dec. 4, Dec. 11, Dec. 18, Jan.8, Jan. 15, Jan. 22, Jan. 29, Feb. 5.
- Classes will be one hour long, starting at either 8am or 9am on Sundays. A full schedule will be released 1 week prior to the start of the season (not earlier).
- There are no refunds or makeup classes for missed days.

## AGES:

Boys & Girls age 5-17

## EQUIPMENT:

Free rentals available at the Silver Creek Sportsplex Pro Shop (arrive a few minutes early). Since our Beginner/Intermediate program focuses on developing stick skills we do not require full equipment. **We require a helmet, gloves and stick.** Hockey helmets & gloves are fine! Bring athletic clothes (t-shirt, shorts, running shoes), and water.

\* A great selection of beginner lacrosse equipment is also available for purchase in the Pro Shop.

## COST:

Silver Creek Sportsplex Member: \$188.56  
Non-member: \$233.56

## MEMBERSHIP:

Members receive discounts on programming throughout Silver Creek Sportsplex.

- Annual membership with punch card – \$99
- Annual membership without punch card – \$79
- Annual 4 pack membership with punch card – \$79
- Non-member league fee – \$45

## QUESTIONS?

Please contact us at [info@GoToPlex.com](mailto:info@GoToPlex.com)

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408.224.8774 • [info@gotoplex.com](mailto:info@gotoplex.com)  
[www.GoToPlex.com](http://www.GoToPlex.com)





# Beginner & Intermediate Box Lacrosse Signup Form • Winter 2012

OFFICE USE ONLY

Member ID \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**PARTICIPANT:**

First & Last name: \_\_\_\_\_ Date of Birth (MM/DD/YY): \_\_\_\_/\_\_\_\_/\_\_\_\_ [ ] Male [ ] Female

**If participant is under 18:**

Parent/Guardian name: \_\_\_\_\_ [ ] Mother [ ] Father [ ] Legal Guardian Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

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

Day Phone #: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Evening Phone #: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Cell Phone #: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Email: \_\_\_\_\_

**FREE EQUIPMENT RENTAL:**

Please check what you need. Rental equipment must be picked up at the Sportsplex Pro Shop each day, and returned before leaving the building.

Helmet    Gloves    Stick

OFFICE USE ONLY

Employee Full Name \_\_\_\_\_

Payment Date \_\_\_\_\_

Payment   Cash   Check   Visa   MC   Amex   Phone in?   Yes   No   Online?   Yes   No