

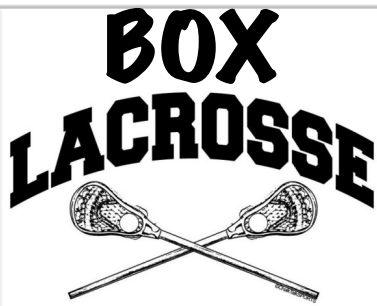
Why Play Vets Lacrosse

- Builds self-esteem, sportsmanship and leadership skills.
- Promotes a healthy and active lifestyle.
- It is Canada's National Summer Sport.
- Can provide opportunities to compete at provincial, national and international levels.
- Effective tool that increases physical fitness during hockey off-season.
- Prevents sport burn out by playing a new, fast paced sport.
- Increases hand-eye coordination
- Reinforces quickness and agility around the net.



Representative Box Lacrosse

- *This program is for those interested in competing at a higher level.
 - *Rep teams will compete in a few weekend travel tournaments.
 - *Tryouts for Rep Teams start early April with Provincial championships in August in Whitby (Durham Region)
- Tryouts: April
Season: May-Mid August



House League Box Lacrosse

- *Paperweight House League program is conducted with cooperative competition, fun and skill development.
 - *This program allows players to practice and play against others the same age (4-6YRS) and skill level.
- Season: May-Mid July

We offer....

EARLY BIRD RATES

Tyke thru Midget: **SAVE 50\$** when you register before March 15th 2019.

You don't want to miss out\$\$\$

Free lax stick for new players!

www.shelburnevets.com

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