



MEN'S LACROSSE COACHES' CLINIC at Rivanna Gear & Apparel

Thursday, February 5, 2009 • 7pm
FREE!

* Guest Speakers *

Ray Rostan, Head Coach, Hampden Sydney College
Mike Plantholt, Head Coach, Randolph Macon College
Scott Ketchum, Head Coach, Randolph College

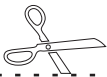
Join us for an informative and fun evening of conversation with fellow lacrosse enthusiasts! Session will cover the following important topics:

Pre-season Planning • Lacrosse Basics

Offensive Schemes & Set-Ups

Defensive Drills • Face Off & Wing Play • Transitional Play

Goal Keeping • Round Table Discussions • and More!



MEN'S LAX CLINIC REGISTRATION:

NAME: _____

SCHOOL / TEAM: _____

PHONE: _____

EMAIL ADDRESS: _____

Please complete the registration form and return it to Rivanna Gear & Apparel (350 Pantops Shopping Center, Chv, VA 22911) or email your registration information to diane@rivannagear.com by February 2nd. Confirmation and any clinic information will be sent to you via email, so please be sure we have the best email address on file.

Clinics dates are subject to change due to circumstances beyond the control of Rivanna Gear & Apparel.

For more information, please contact Diane Bicknell at 293-4558, diane@rivannagear.com or Rich Little at 242-9290, richl@rivannagear.com.