

Metairie U9 Lacrosse

Date	Event	Location
(W) February 20	Practice- 5:00- 6:00 PM	Metairie JCC
(W) February 28	NO CLASS - Happy Mardi Gras	Metairie JCC
(W) March 6	Practice- 5:00- 6:00 PM	Metairie JCC
(W) March 13	Practice- 5:00- 6:00 PM	Metairie JCC
(W) March 20	Practice- 5:00- 6:00 PM	Metairie JCC
(W) March 27	Practice- 5:00- 6:00 PM	Metairie JCC
(W) April 3	Practice- 5:00- 6:00 PM	Metairie JCC

What to wear

- Tennis shoes/Cleats (no crocs or hard soled shoes)
- Shorts/t-shirt or light, comfortable clothing
- Water bottles are encouraged but not required

What we will learn

- Fundamentals of Lacrosse, both skills and general concepts
- How to practice and what it means to be on a team.
- Sportsmanship: what it means and how to implement it.

What is your role as a Parent or Guardian?

- Have your child ready to practice by having him/her on time and dressed.
- Reinforce good sportsmanship and help explain ways to deal with frustration.