

# 2ND ANNUAL GIRL'S LACROSSE COACHING CLINIC



*hosted by the NEMS Lacrosse Club*

**DATE:** SUNDAY, FEBRUARY 25TH, 2018

**LOCATION:** HARFORD SPORTS PERFORMANCE CENTER | 121 INDUSTRY LN, FOREST HILL, MD 21050

**Who:**

Open to Elementary and Middle School Lacrosse Coaches and Parents.

**Clinic Focus:**

Teach current fundamental lacrosse skills and team concepts to Elementary and Middle School Coaches and Parents.

**Clinic Demonstrators:**

NEMS 2018-2019 Club lacrosse coaches and players

**Clinic Takeaways:**

Coaching Packet with lacrosse techniques, drills, and basic plays

**Clinic Schedule (8:30-11:00am):**

- > Stick work
- > **Attack Focus:** Dodging, Shooting, and 8-meter movement
- > **Defense Focus:** Body and Stick positioning, Footwork, Communication, and Team Forcing
- > We will show examples of basic drills
- > There will be a Q+A after each section
- > Discuss new rule adaptations

*To Register*  
*Only costs: \$42*

**Online:** [www.nemslax.com](http://www.nemslax.com)

**Email:** [nemslacrosse@gmail.com](mailto:nemslacrosse@gmail.com)

**Got Questions?** Call 443.866.1171 *Heather McHugh*

**Kaci Starkloff**

Recruited NCAA Division I  
JMU Lacrosse 2015 Alumni

- > Current NCAA Division III Head Lacrosse Coach at Notre Dame of Maryland
- > Current NEMS Lacrosse Coaching Director
- > Head Coach NEMS 2018 Lacrosse Team
- > Elite 2016 Head Lacrosse Coach
- > Elite 2014 Assist. Lacrosse Coach
- > US Lacrosse certified coach
- > NEMS 2010 alumni

**Heather McHugh**

Recruited NCAA Division I  
UCONN Lacrosse 2005 Alumni

- > Current Head Coach of the NEMS 2019 Lacrosse Team
- > Head Coach NEMS 2010 team
- > Head Coach NEMS 2013 team
- > Founder and Head Coach San Diego Quad Cities Lacrosse Organization
- > NEMS 2001 alumni



*About the North East Maryland Select (NEMS) Lacrosse Club*

North East Maryland Select Lacrosse was founded in 1997 with the purpose of giving female student-athletes the opportunity to play lacrosse at the collegiate level. Since 1997, over 240 players have advanced to play college lacrosse. Today, seven teams prepare to carry on the tradition of excellence.