

# 3RD ANNUAL GIRL'S LACROSSE COACHES CLINIC

*hosted by the NEMS Lacrosse Club*

**Date:** Sunday, February 24th, 2019

**TIMES:** Session 1, 8-10 AM | Stickwork, Cradling, Transition, Attack, Picks/Screens  
Session 2 10:30 – 12 PM | Defense, Defending Man-Up Situation, Goalie

**LOCATION:** Harford Sports Performance Center | 121 Industry Ln, Forest Hill, MD 21050

**Who:**

Elementary and Middle School Coaches and Parents

**Clinic Focus:**

To teach current fundamental lacrosse skills and team concepts to elementary and middle school coaches and parents

**Clinic Takeaways:**

Coaching Packet with lacrosse techniques, drills, and basic plays

**NEMS Clinic Presenters:**

Lead: Kaci Starkloff  
Heather McHugh, Shelby Morris

**NEMS Clinic Demonstrators:**

NEMS 2019-2020 Club lacrosse players

**Cost:** Single Session, \$42. Both Sessions, \$62

## To Register

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

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

**Got Questions?** Call 443.866.1171

**Kaci Starkloff**

*Recruited NCAA Division I  
JMU Lacrosse 2015 Alumni*

- > Current NCAA Division III Head Coach at Notre Dame of MD
- > Current NEMS Coaching Director
- > 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 NEMS President
- > Head Coach, NEMS 2019, 2013, 2010 Lacrosse Team
- > NEMS 2001 alumni

**Shelby Morris**

*Recruited NCAA DIII  
Lebanon Valley Lacrosse  
Goalie 2016 Alumni*

- > Current NEMS Head Goalie Coach
- > Current North Harford High School Coach
- > NEMS 2012 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 250 players have advanced to play college lacrosse. Today, seven teams prepare to carry on the tradition of excellence.