

# 3RD ANNUAL GIRL'S LACROSSE PLAYERS CLINIC

*hosted by the NEMS Lacrosse Club*

**DATE:** Sunday, May 19th, 2019

**TIME:** 8:30 am-11:30 am (Registration starts at 8:15 am)

**LOCATION:** Rutledge Fields 3969 Norrisville Rd, Jarrettsville MD 21084

## **Who:**

Open to Elementary and Middle School field players and goalies, new players, and walk ups are welcome.

## **Clinic Focus:**

To teach current fundamental lacrosse skills and team concepts to all players.

## **NEMS Clinic Instructors:**

Coach to field player ratio 1:5.  
Current NEMS coaches, NEMS college players, and NEMS alumni will be hands on at stations.

## **Player Station Work:**

- > Stickwork
- > Dodging
- > Shooting
- > Attack
- > Defense

## **Goalie Station Work:**

- > Hand eye coordination drills
- > Clearing
- > Body positioning
- > Footwork Drills



Save the Date:  
**NEMS  
Coaches  
Clinic**  
Feb. 23, 2020

# To Register

Cost: \$32

**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
- > Head Coach NEMS 2018 team
- > NEMS 2010 Alumni

### **Heather McHugh**

*Recruited NCAA Division I UCONN Lacrosse  
2005 Alumni*

- > Current President of NEMS Lacrosse
- > Head Coach, NEMS 2019, 2013, 2010 Lacrosse Teams
- > 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

### **Katie Burgee**

*Recruited NCAA Division I Ohio State Lacrosse  
2018 Alumni*

- > NEMS 2019 Coach
- > NEMS 2014 Alumni

### **Meg Will**

*Recruited NCAA Division I Virginia Tech  
Lacrosse 2015 Alumni*

- > NEMS 2022 Head Coach
- > Current CMW High School Coach
- > NEMS 2011 Alumni

### **Maggie Gallagher**

*Recruited NCAA Division I Penn State Lacrosse  
2018 Alumni*

- > Previous NEMS 2021 Coach
- > NEMS 2014 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.