

## PLAY LANCASTER'S FASTEST GROWING SPORT!

Lancaster Country Day is excited to provide the opportunity to play lacrosse this Spring to *all members of the Lancaster Catholic middle school system:*

- No prior experience necessary
- Developmentally appropriate fundamental and team tactical instruction from superior coaching staff
- Practices daily 3:15p to 5:05p beginning March 13<sup>th</sup>
- Challenging contests against L-L League competitors

For more information, follow the link below:

<http://www.lancastercountryday.org/athleticspe/>

# COUGAR LACROSSE

THE STANDARD IS THE STANDAND

7<sup>th</sup> and 8<sup>th</sup> Grade Boys



To learn more, please contact Coach Mike Simpson  
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<http://www.lancastercountryday.org/athleticspe/lcdsteamlistingspage/varsityboyslacrosse/>