

**PVHS Girls Lax Summer Program 2010**  
**Held *at PALOS VERDES HIGH SCHOOL TURF FIELD***

Join Coach Marissa Hewitt and the 3-time Bay League Champs on the field this summer. PVHS is one of the most competitive girls lacrosse programs in the area and we are always looking for new players!!! Whether you are brand new to the game, want to keep your skills sharp for next season, or are striving to make Varsity, the PVHS Girl's Lax Program is for any PVHS student interested in learning the great game of lacrosse. Get involved with the fastest growing sport in the country!

Typical Day:

Warm-up/Stretch, conditioning, stick skills, offense/defense drills, shooting, games, and scrimmage. Summer Program will also introduce all athletes to lacrosse-specific weight training exercises to strengthen muscles and help prevent injuries.

Summer Session:      \$250/player

**August 9-13**  
**9AM-noon**

New players are encouraged to attend our summer to build their skills, meet the team, and have fun! This is the best way to get ready for PE Lacrosse and for season!

Returning players are also highly encouraged to attend.

Time:            9AM-12PM  
Fees:            \$250 for the summer program  
                    Made payable to: PVHS Summer Athletic Programs  
Questions:    Contact Coach Marissa at [pvgirlslacrosse@yahoo.com](mailto:pvgirlslacrosse@yahoo.com) or 310-293-8816

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Please enclose check made payable to **PVHS Summer Athletic Programs** and mail to:  
PVHS c/o Marissa Hewitt 600 Cloyden Road PVE, CA 90274

Student Name: \_\_\_\_\_

Address: \_\_\_\_\_

Grade Fall 2010 \_\_\_\_\_ Home Phone \_\_\_\_\_ Email Address \_\_\_\_\_

Parent Name: \_\_\_\_\_ Emergency Contact Name/# \_\_\_\_\_

I hereby authorize PVHS Summer Staff to act for me according to their best judgment in any emergency requiring medical attention and I hold harmless the staff for any loss, damages or personal injuries or illness incurred during this program.

Signature \_\_\_\_\_ Date \_\_\_\_\_

\*\* Your cancelled check is proof of enrollment\*\*

\*\* A \$25.00 fee will be charged for all refunds\*\*