FOR IMMEDIATE RELEASE
Date: December 30, 2014
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SPRINGFIELD PARK DISTRICT TO HOST WINTER LACROSSE CLINIC TO BOOST INTEREST IN THIS FAST GROWING SPORT

[Springfield, IL] – The Springfield Park District is excited to announce that we will be hosting a Winter Lacrosse Clinic over the next 8 weeks at Goals Indoor Sports complex off North Peoria Road here in Springfield.

Lacrosse is one of the fastest growing sports in the country! The Springfield Park District organizes the Capital City Lacrosse teams and along with members of that organization, we are looking to grow our base of players. We want to get new and younger players, both girls and boys ages 7 – 18 introduced to the sport of Lacrosse. So the District has organized an 8-week clinic style program for a nominal fee to be played each week starting this Sunday, January 4th from 6:00 pm – 9:00 pm.

*Why play Lacrosse?* Well, it is a fun, high energy, fast paced & high scoring sport that kids of a variety of ages can get involved on a team. It promotes physical and active lifestyles. There is great opportunity for social interaction with your teammates and when you meet players from all over Illinois as the Park District hosts a variety of tournaments. Kids are playing competitively at the High School level and go on to play for colleges across the country.

Sean Dickerson, the Park District Recreation Supervisor for Athletics will be at Goals Sports complex this Sunday, January 4th from 6:00 pm – 9:00 pm talking to parents about the sport of Lacrosse. He will be signing athletes up for the clinic, talking about equipment that is needed for Lacrosse and pairing kids up within age groups of their peers to learn skills and drills for this exciting sport.

We encourage you to come check it out for yourselves and meet some of the Capital City Lacrosse players who play on the Park District’s competitive team. See you at Goals Sports Complex on January 4th!

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For more information on this topic and any other Park District news related items, please visit our Website at [www.springfieldparks.org](http://www.springfieldparks.org)