

# Spring Meltdown 2019

It's that time of year again! Lacrosse season is right around the corner. Get a jumpstart to your season and fundraising by having your players check in for a week long conditioning program. For the past 11 years, Billerica and Woburn Lacrosse have hosted a skills and conditioning program the week before spring sports begin at Woburn Memorial High School in Woburn, Massachusetts.

This year the program will run from March 11th to March 14th starting at 3:30pm and ending at 5:30pm. During this time, players will run through conditioning drills, shooting, and positioning with coaches from both the Middlesex League and the Merrimack Valley Conference. This is an excellent opportunity for your players to gain a new skill set and work with other players who are looking to compete at the highest level.

In addition to the work and additional time your players get in, we will provide your program with money based on how many players attend. A breakdown is provided below explaining how much you receive based on player sign up. We provide insurance, balls, conditioning equipment and on staff trainer and additional supports to make the program run like it has for the past eleven years. We truly hope you will take advantage of this unique opportunity and join us.

Price per player **\$115**

Amount given to contributing team

10 players or less 25% of price: \$28 back to your program for each player.

15 players 30% of price: \$34 back to your program for each player.

20 players 40% of price: \$46 back to your program for each player.

30 players 50% of price: \$58 back to your program for each player!

In case of snow, we will clear the fields.

You may participate as a coach to all the players at the camp.

Water will be available, but we encourage players to bring their own.

Players must have full gear including a mouth piece.

All players will receive a program t-shirt and coaches a program sweatshirt

Any questions please feel free to contact Arthur Caggiano at 781-844-1540 or by email [acaggiano@woburnps.com](mailto:acaggiano@woburnps.com) or contact Craig Flynn at 978-804-8520. Email [cflynn@billericak12.com](mailto:cflynn@billericak12.com)

***\*Please contact me via email before February 22nd so that we can be sure to hold spots for your team. Thank you!***

***\* Have all players fill out the signup form below and follow directions for initial payment.***

***\* 15 DOLLARS OFF PER PLAYER IF REGISTERED BY FEBRUARY 22ND***

**SPRING MELTDOWN 2019 FRIENDS OF WOBURN LACROSSE (BILLERICA AND WOBURN LACROSSE)**

For: Boys and Girls Ages 13 to 18 (freshman to senior year)

Location: Woburn Memorial High School, Connolly Field

When: March 11th-14th

Time: 3:30pm - 5:30pm

Fee: \$115 Per Player (\$100 for an additional family member)

**\$15 OFF PER PLAYER IF REGISTERED BY FEBRUARY 22ND**

Please Contact us with any questions at [smetivier@woburnps.com](mailto:smetivier@woburnps.com)

\*\*\*The directors and coaches for the program established their primary mission in preparing players physically for the upcoming season and sharpen their overall skill sets. Our program offers dynamic reinforcement of basics to younger players coming in, and challenging, more complex skill sets to older, experienced players. Over the past eight years we have found the conditioning routines have been invaluable to getting players ready for the upcoming season\*\*\*

- Boys need full contact lacrosse gear and dress appropriately for the weather.
- Girls will need stick, goggles and dress appropriately for the weather.
- All players must have proper safety equipment including a mouth guard!

Retain the top half for your information and return bottom half with payment to:

**Woburn Lacrosse Attn: Stephanie Metivier  
Kennedy Middle School--41 Middle St. Woburn Ma 01801  
\*\*\*Make all checks payable to: Friends of Woburn Lacrosse\*\*\***

Name: \_\_\_\_\_ Age \_\_\_\_\_ School year: 9 / 10 / 11 / 12 circle

Home Address: \_\_\_\_\_ City \_\_\_\_\_

Team: \_\_\_\_\_ Email \_\_\_\_\_

Parents or Legal Guardian: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Medical Issues we should know about \_\_\_\_\_

Player Information (please circle) Sex: M / F Position: Attack Midfield Defense Goalie

Shirt Size: Adult S M L XL XXL

I give permission for my child/minor guardianship to participate in the spring meltdown I agree to hold harmless the city and/or its employees or volunteers from claims of liability related to any accident or injuries that may occur. I give permission for medical treatment to be given to my child if the need arises.

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