



Little LAX LACROSSE

**BUILDING A LOVE
OF THE GAME**

Boys & Girls, Grades K-3

Little Lax is a 6 or 8-week program exclusively designed to introduce the littlest athletes to the game of lacrosse, the official team sport of Maryland. Each session focuses on building a team atmosphere that includes social and life skills at this important developmental age.

Our experienced coaches teach the key fundamentals of the game, including cradling, scooping, shooting and passing. The program focuses on hands-on instruction in a small setting, with team-based games included in every session.

Equipment is provided.

Level5Athletics.com



**Grades K-1:
3:00 to 3:30pm**

**Grades 2-3:
3:30 to 4:00pm**

\$65 per player

“ Little Lax has been a great experience for my daughter. Sessions are led by premier lacrosse players in our area, well versed in the current trends of the game. They welcome the little laxers with smiles and enthusiasm.”

— Lacey Hentz Headley
Johns Hopkins University Lacrosse All American (2005)
Greater Baltimore US Lacrosse Hall of Fame (2016)

C O N F I D E N C E . C O O R D I N A T I O N . C H A R A C T E R .

LEVEL 5 ATHLETICS

provides soccer and lacrosse programs that combine fun with fundamentals for an age-appropriate learning experience unlike any other! Our team of talented coaches will help your child get the most out of sports through age and skill appropriate games and exercises. Level 5's time-tested techniques will take your student athlete to the next level, from beginner to advanced and beyond.

LEVEL 5 ATHLETICS PROGRAMS OFFERED:

SOCCER

- Mighty Kicks
- Player Development Program
- Goalie Training

LACROSSE

- Little Lax
- Speed and Agility

CAMPS and SCHOOL PROGRAMS

- Preschool Programs
- Summer Camps

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“ The Level 5 coaches are organized, efficient and flexible. The training sessions are fun and challenging, making it enticing for the players to attend and reach higher to achieve both fitness and lacrosse goals.”

— Tracey Rohrback, President
CheckHers Elite Lacrosse Club

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