

Middlesex Spring & Summer 2017 Brochure Text



LACROSSE SQUIRTS (age 4 to 5): Players will learn how to cradle, shoot, catch, and scoop. Throughout the program participants will have fun developing their knowledge and understanding of scrimmaging in Lacrosse.

Middlesex Squirts Schedule: <https://goo.gl/6z0FPg>

Visit USsportsInstitute.com or call 732 563 2520

SPRING CLASSES

DETAILS: April 20-June 8
DAYS: Thursdays, 8 weekly classes
TIMES: 4pm-5pm
LOCATION: Mountain View Park



LACROSSE – SENIOR SQUIRTS (age 6 to 8): Focusing on the fundamental skills of passing, catching and more, players will learn how to participate successfully in a Lacrosse scrimmage. All Senior Squirts curriculums create an environment which allows players to develop and progress within sport.

Middlesex Squirts Schedule: <https://goo.gl/6z0FPg>

Visit USsportsInstitute.com or call 732 563 2520

SPRING CLASSES

DETAILS: April 20-June 8
DAYS: Thursdays, 8 weekly classes
TIMES: 4pm-5pm
LOCATION: Mountain View Park



LACROSSE – CLINIC (age 8 to 11): Focusing on the fundamental skills of passing, catching and more, players will learn how to participate successfully in a Lacrosse scrimmage.

Middlesex Squirts Schedule: <https://goo.gl/6z0FPg>

Visit USsportsInstitute.com or call 732 563 2520

SPRING CLASSES

DETAILS: April 20-June 8
DAYS: Thursdays, 8 weekly classes
TIMES: 4pm-5pm
LOCATION: Mountain View Park



BASKETBALL – CAMP (age 5-8 to 9-11): Throughout the week players will develop their dribbling, passing and shooting skills. Each day will end with small-sided games where coaches will encourage good sportsmanship and teamwork. Participants will develop an understanding of offensive and defensive plays, and will be encouraged to implement these into a scrimmage.

Middlesex Squirts Schedule: <https://goo.gl/6z0FPg>

Visit USsportsInstitute.com or call 732 563 2520

SUMMER CAMPS

DETAILS: August 28-Sept 1
DAYS: Monday-Friday (5 days)
TIMES: 9am-12:30pm
LOCATION: Mountain View Park