

2010 San Diego Chapter USL Coaches Clinic

Presented By



The 2010 COACHES CLINIC has been *reformatted* to meet the needs of our San Diego Area Coaches!

New Coaches, Interested Parents, Experienced Coaches, All Are Welcome To Attend!

Sunday, February 21st

Scripps Ranch Swim and Racquet Club

9875 Aviary Drive
San Diego, CA 92131-1798
(858) 271-6222

Boys coaches 8:30am – 3:30pm

Girls coaches 9:00am – 4:00pm

Sessions will be offered on a variety of topics, including:

- Lacrosse specific conditioning
- Injury prevention and injury treatment
- Rules interpretation
- Goalie play
- Offensive and defensive sets
- And much more!



NEW for 2010: PCA and CPR/AED Certification!

Girls Coaches Schedule:

9:00 Check-In
(Coffee and donuts provided by
SCRIPPS RANCH LACROSSE)

9:30 – 12:15 Field Sessions
12:15 – 1:00 Lunch
1:00 – 3:00 CPR/AED Training
3:00 - 4:00 PCA Module
4:00 - Departure

Boys Coaches Schedule:

8:30 Check-In
(Coffee and donuts provided by
SCRIPPS RANCH LACROSSE)

9:00 – 11:00 CPR/AED Training
11:00 – 12:15 PCA Module
12:15 – 1:00 Lunch
1:00 - 3:30 Field Sessions
3:30 - Departure

Registration Fees:

Full Day (includes lunch) - \$60
CPR/AED and PCA certification only - \$35
Field Sessions only - \$35

- Payment is accepted via paypal or cash/check at the door
 - Make checks out to “San Diego Chapter USL”
 - Paypal account: president@sandiegolax.org

VENDORS

-ABCPR - www.abcpr.biz/ - all attendees will be offered discounted rate on portable AED
-Positive Coaching Alliance - www.positivecoach.org

Complete registration form below and submit via email to president@sandiegolax.org, or bring with you to the clinic.

NAME _____ EMAIL _____

LEVEL (youth, middle school, high school, college) _____ No. of Yrs. ____ Boys or Girls

ADDRESS _____

CITY, ST, ZIP _____

PHONE NUMBER _____

SCHOOL NAME & WEB ADDRESS _____

MAILING ADDRESS _____

CITY, ST. ZIP _____