



ATTENTION ALL GIRLS

WANT TO TRY SOMETHING NEW?

Northumberland Nemesis Lacrosse is looking for enthusiastic and energetic girls to join our growing girls division for our upcoming 2015 lacrosse season.

NEW for 2015, Girls REP teams!!

WHY PLAY LACROSSE?

- Make new friends and learn a new sport
- Great training for hockey/ringette and shares many similarities with these sports
- Promotes team play and strategy
- Develops leadership and teamwork skills
- Builds self-esteem, respect and integrity
- Accommodates girls of all fitness and skill levels



DIVISIONS

Novice ('06) to Intermediate ('96)

A CANADIAN TRADITION

Lacrosse is Canada's "official" National summer sport. This exciting and fast paced game has had a long history in Ontario.

Originally called *Baggataway* by native Canadians, it is thought to have originated in Canada hundreds of years before hockey. Native Canadians still hold lacrosse to the highest regard as being the creator's game and show it the upmost respect.

The Northumberland Minor Lacrosse Association (NMLA) is a not-for-profit minor sports organization set up to bring lacrosse back to Northumberland County.

NMLA Lacrosse is played across the county, in Port Hope, Baltimore, Cobourg, Colborne and Brighton.

Visit our website to register
and for more info

www.northumberlandlacrosse.ca

Girls' Lacrosse clinics with
special guest speakers

March 8th 2015, 10am-2pm
@Baltimore arena, Turf side

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