

# *Coming Soon!*



## DEMON LACROSSE OPEN GYM TRAINING SESSIONS

- Who:** For 2nd grade to high school players; both boys and girls.
- What:** We are hosting an open gym (“open field”) opportunity for all Westlake lacrosse players from youth to high school.
- When:** November: 5, 12, 19 and December 3, 10, 17, from 6-7PM.
- Where:** The Sportsplex in North Olmstead, 31515 Lorain Avenue.
- Why:** To build a foundation of success for all Westlake teams.
- How:** If you are new to the game and want to give it a try, or if you have played for years and want to knock some rust off, please come join us.

- Both boys and girls team coaches will be on hand.
- Focus on basic skill development and lacrosse IQ

Cost: only \$5 per person for each session

**“It’s not the will to win that matters — everyone has that. It’s the will to prepare to win that matters.” – Paul “Bear” Bryant**

For more information, please go to [www.westlakeyouthlax.com](http://www.westlakeyouthlax.com)