

## Interested in trying lacrosse? Join us for a free Open Field practice!

Who: Girls in grades 3-8

When: October 20, 2:30-3:45pm Where: Turpin High School

What to bring: Lacrosse stick,\* goggles,\* mouthguard, water bottle.

\*If you do not have a stick or goggles, we will have a few extra to share

We are very excited that Nagel has decided to add a girls lacrosse team this year. If you think you may be interested in playing at Nagel, you welcome to try out lacrosse with us!

Can't make this practice? Stay tuned... we will schedule another Open Field in November. Registration for the spring Middies lacrosse season (3<sup>rd</sup>/4<sup>th</sup> and 5<sup>th</sup>/6<sup>th</sup> grades) will open in late October.

<sup>\*</sup>The material contained in this communication, and the activities and organizations which it describes, are not endorsed or promoted by Forest Hills School District\*