



GREEN GAELS LACROSSE 2023 CONDITIONING SESSIONS

You are invited to attend the Green Gaels' 2023 pre-season conditioning sessions at the Oshawa Children's Arena (199 Arena Street) at the following dates and times:

Thursday, March 2 nd	5:30PM to 7:00PM
Thursday, March 9 th	5:30PM to 7:00PM
Thursday, March 23 rd	5:30PM to 7:00PM
Thursday, March 30 th	5:30PM to 7:00PM

The cost for all four sessions is **\$50**.

Attendees must be registered through the OLA web site. **No player will be allowed on the floor without proper OLA documentation.** Players can register on the portal at <https://www.sportzsoft.com/regApp/Login?OrgId=6860>. Players residing outside of the Whitby-Oshawa-Clarington area will need written permission to run from their local lacrosse association.

These are not tryouts. Regardless of what level of lacrosse you intend to play in the 2023 season (U-17, U-22, Junior "A", "B" or "C"), these sessions will allow you to sharpen your stick skills and improve your conditioning in preparation for tryouts.

Interested players should reserve a spot by return e-mail (pchamois@sympatico.ca).

Players must bring full equipment. A limited number of goalies will be accepted on a first come, first served basis.

Additional information will be provided to interested players as it becomes available. Also, please check our web site (www.greengaels.com) for additional information that may become available.

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