



## Hatch End Hawks Lacrosse Club

Hatch End Hawks is a Women's Lacrosse Club which welcomes players of all standards; from complete beginners to those playing in the South East Premiership. It offers a friendly, nurturing environment for young and older players. The club aims are for players to develop at their own pace; get to know and love the game – and, most importantly, have fun!

Hatch End offers Junior and Senior Coaching and match play in West Herts and South Bucks. Training sessions take place on:

- Wednesday – Seniors, Westfield Community College, Watford. 8pm-9pm
- Wednesday – Juniors, Berkhamsted Sportspace. 6pm-7pm
- Thursday – Juniors, The Misbourne School, Great Missenden. 6pm-7pm

Hatch End Hawks have recently been awarded High Performing Club status by English Lacrosse. Hatch End is one of only three clubs in the country to have achieved the accolade. This gives the club the opportunity to work with English Lacrosse (the sport's governing body) to develop more opportunities for lacrosse at both community and elite levels.

### **Adults' Taster Session – 13<sup>th</sup> March 2014** **Adults' Beginners Course – Summer 2014**

Hatch End Hawks Lacrosse will be starting its work as High Performing Club with two initiatives in Little Gaddesden this year. The first will be a "taster session" for adults on 13<sup>th</sup> March 2014 (12.15pm-1.15pm). This will be followed by a 4 week beginners course for adults in the summer. (Dates and times to be confirmed)

Both will take place on the playing fields in Church Road, Little Gaddesden.

So, come and have a go! If you've never picked up a stick before, it's not too late to learn a new sport. And if you haven't picked up a stick since you were in school uniform, it's never too late to get back into lacrosse. It is a non-contact sport and equipment will be provided.

#### **To find out more**

Please send an e-mail to [hatchendhawks@gmail.com](mailto:hatchendhawks@gmail.com)

Visit the website <http://www.pitchero.com/clubs/hatchendhawks/>

#### **To register your interest in the Taster Session or Beginners Course**

Please send an e-mail to [hatchendhawks@gmail.com](mailto:hatchendhawks@gmail.com)

Contact Briony Sutcliffe on 07443 562818