

LIVE FROM STANFORD UNIVERSITY!
Queen City Minor Box Lacrosse

FREE PARENT WORKSHOP



“Second-Goal-Parent”

Are you the best Sports Parent you can be? Become a 'Second-Goal Parent'!

What is a "Second-Goal Parent"?

In keeping with PCA's ideal of a Double-Goal Coach™ -- whose first goal is winning and who's second, more-important goal is teaching life lessons through sports -- a "Second-Goal Parent" focuses on helping youth athletes learn those life lessons.

Why become a Second-Goal Parent?

Ensure you are doing all you can to help your child get the most from youth sports. Our live courses provide techniques to strengthen your overall relationship with your child. Get tips and tools to remind you of the lessons in our courses.

“WIN: One FREE QCMBL Player Registration”

There will be a draw made at the end of the workshop for one free QCMBL Regina player registration certificate. Parent must attend workshop for entry form.



DATE: Saturday April 9, 2011

TIME: 1:00pm – 3:00pm

**LOCATION: Thom Collegiate
High School**

ADDRESS: 265 Argyle St North

CONTACT: Wendi Goebel

wgoebel@myaccess.ca

PH: 306-924-3153

RSVP By: Monday April 4, 2011

Attention Parents!

**FREE: “SKILLS & DRILLS”
lacrosse camp!**

Parent's, While you are attending our workshop on April 9 from 1:00pm – 3:00pm QCMBL will be holding a 2 hour “Skills & Drills” lacrosse camp for players aged 12 and under. Camp will take place in the Thom Collegiate High School Gym. Helmet, lacrosse gloves and lacrosse stick required!

- Coaches and players from the Regina Riot and Regina Rifles Junior team will be in attendance.

- Players will have refreshments and FUN!

- **FREE DRAW: all players in attendance will be eligible for a Gift Certificate for new lacrosse gear from ROYAL SPORTING GOODS!**

**Register your child when you
sign up for the parent workshop!**