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April 13, 2023

Dear Coach,

Thank you for volunteering your time to coach Sticklets / Little Laxers lacrosse this spring. Adult involvement is extremely important to all participants in youth programs. Volunteers are what help keep our Rec. programs successful. Sticklets and Little Laxers are 6-week long programs where practices and games are held only on Saturdays; Sticklets are at 9:00 - 10:00am and Little Laxer are at 10:15 - 11:15am at the Rec. Park on 9A. (412 Brach Road, Wells)

Sticklets and Little Laxers are scheduled to begin on **Saturday, April 29<sup>th</sup>** and go until **June 3<sup>rd</sup>** (1 makeup date of June 10). During this program all the kids will work on basic skills such as throwing, catching, cradling, and ground balls. We will split into teams on week 2, doing activities such as relays and team challenges; the Little Laxers will learn how to play small sided games. Each week there will be a written practice plan to reference for drills and activities for coaches to follow. Most of the large group basic skill activities will be directed by me; coaches will be making sure their team is on task during challenges and games.

If you have not coached for Wells Rec. this year, please fill out a coach's application, and background check. You can either email them to me or drop them off at the Rec. office. If you have any questions, please feel free to contact me at Wells Recreation 646-5826.

Sincerely,  
Marilyn Wallace  
Assistant Director  
Wells Parks & Recreation