

# FENCING FOR CHILDREN!

## JOIN THE MINI MUSKETEERS



Register for class at  
[www.blueridgefencing.org](http://www.blueridgefencing.org)

FOR KIDS AGED 5-7  
SATURDAYS  
9:30-1030AM



Learn the fundamentals of Olympic style fencing in a special one hour weekly class just for 5-7 year olds. All safety gear and equipment is provided. \$100 per month recurring membership.



**SPRING 2023**

# **CAVALIER LACROSSE LEAGUE**

**K-2ND GRADE**

**&**

**3-4TH GRADE**

**SUNDAYS IN MARCH & APRIL**

**MONTICELLO HIGH SCHOOL PRACTICE FIELDS**

**REGISTER BY FEB 15TH**

**FASTBREAKLACROSSECAMP.COM**

**\$210 (IF NEW JERSEY IS NEEDED)**

**\$200 (USE JERSEY FROM LAST YEAR)**

**OUR SUNDAY CLINICS CONSIST OF A 20 MINUTE SESSION TO WORK ON STICKSKILLS AND THE BUILDING BLOCKS OF THE GAME. WE THEN TRANSITION INTO 40 MINUTE SMALL FIELD GAMES LEAD BY THE UVA PLAYERS AND STAFF.**

**WHAT YOU NEED:**

- STICK**
- GOGGLES**
- MOUTHGUARD**

**\*WE WILL ANNOUNCE TIMES AND DAY OF WEEK FOR EACH REGIONS PRACTICE ASAP.**



# Soccer Tryouts!



CVille United FC is looking for soccer players interested in high level training and travel league play! We have licensed coaches waiting to help players take their game to the next level. Our club is dedicated to developing better players on and off the field. We are having open tryouts for players at the **U10 through U15** age. Practices are held in the Charlottesville/Albemarle area.

## We Offer:



Multiple practices per week (up to 3)



Elite travel league level play (our teams are in the Virginia Premier Soccer League - South)



Multiple tournaments per season



Home & Away uniform kits included in club dues



Club scholarship opportunities and need based financial assistance

 Contact us for details, questions and tryout dates!



Email: [info@cvilleunitedfc.com](mailto:info@cvilleunitedfc.com)

Facebook: [www.facebook.com/CVILLEUNITEDFC/](https://www.facebook.com/CVILLEUNITEDFC/)

WhatsApp/Phone: +1 434-207-2137



# Girls on the Run is for **EVERY** *girl*

## BROOKS FAMILY YMCA

### MONDAY / WEDNESDAY 4-5:30PM

### Girls on the Run is an afterschool program like no other!

Twice per week for 10 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3rd - 5th-grade girls through interactive lessons and movement activities. The season ends with a celebratory 5K event.



Girls who were the least active at the start of the program increased their physical activity by more than 40%\*



97% of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions\*

### *Why it matters*

**It's fun. It's effective.**

Participating in Girls on the Run transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.

*joyful, healthy  
and confident*

**Ignite her limitless potential**  
Register your child to be a  
GOTR girl!

### Spring 2023 Season Timeline:

- Girl Registration opens: January 9
- Season Starts: January 30
- Celebratory 5K: April 23



<https://www.girlsontheruncenva.org>

Scan for more info!