



Hi folks:

Welcome to “One-on-One” Lacrosse Winter 2021!

Attached you will find the application for students (boys and girls) in grades Kindergarten through 8. If you are interested in securing a spot for the 2021 clinic, please fill out the application attached and return it as soon as possible. Space is limited and spots are awarded on a first come basis. We will be using the O’Sullivan Hall gym at HCA.

Also, please note that “One-on-One Lacrosse” is a privately run clinic run by Mr. K and has no connection to HCA. Please direct all questions to me through any of the multiple contacts below.

We look forward to seeing you!

Well wishes,

Bobby Kratochvil, (Mr. K) - Director

516-680-5311

[oneononelax@yahoo.com](mailto:oneononelax@yahoo.com)



# Winter Lax Clinic

Boys and Girls Grades K-8  
@ Holy Child Academy

**DATES:**

Session 1:

January 9, 10, 23, 24

Session 2:

January 30, 31

February 6, 7

**Times:**

Boys: 9:00-10:30AM

Girls 10:30-12:00PM

**COST:** \$225/ session

\$400 for two sessions

**Make checks payable to:**

One on One Lax, Inc.

Mail check and completed registration to:

One on One Lacrosse/Bobby Kratochvil

6 Cedar Avenue, Poquott, NY 11733

**SKILL LEVEL:** Beginner to

Advanced

**FOCUS:** Skill Development and  
Enhancement

**SKILLS:**

Overall stick skills, shooting and  
passing

**Offense:** Off-ball skills, feeding,  
creating space

**Defense:** Approach technique,  
off-ball skills, 1 v 1 positioning

**Fitness:** Lacrosse specific  
footwork and speed training

Contact: Bobby Kratochvil 516-680-5311

oneononelax@yahoo.com

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Name : \_\_\_\_\_ Grade: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Cell# \_\_\_\_\_