



# NBGC SUMMER CO-REC LACROSSE CLINICS

2501 W Irving Park Road

[www.nbgc.org](http://www.nbgc.org)

(773)-463-4161

## REGISTRATION

**When:** Registration open through **JULY 1st**.

**Who:** Boys & Girls currently in Grades 4-8.

**How:** Registration available at [nbgc.org/athletic-programs](http://nbgc.org/athletic-programs)

**Cost:** \$90 per participant.  
(financial assistance available upon request)

## CLINICS

July 5th-August 4th

Tuesdays & Thursdays

4:30 PM—5:30 PM

## CLINIC SCHEDULE

- Tuesday, July 5th
- Thursday, July 7th
- Tuesday, July 12th
- Thursday, July 14th
- Tuesday, July 19th
- Thursday, July 21st
- Tuesday, July 26th
- Thursday, July 28th
- Tuesday, August 2nd
- Thursday, August 4th

## CLINIC INFORMATION

- 10 clinics.
- Clinics are instructional and will consist of drills and games designed to introduce lacrosse, develop skills, cultivate interest, and be fun!
- Clinics are run by members of the local lacrosse community and NBGC staff.
- Lacrosse sticks, balls, and goals will be provided by NBGC.
- Any changes due to weather will be communicated by the NBGC athletic staff via email.

## COVID-19 PROCEDURES AND PRECAUTIONS

- Only registered participants allowed on direct field space.
- Spectators must remain in the designated spectator area.
- All equipment, high touch surfaces, and facilities will be cleaned according to IDPH guidelines.
- Additional FAQs on 2nd page.

## **Frequently Asked Questions**

**What should my child bring to the clinics?** Players should come to clinics with a labeled water bottle, and cleats or sneakers. Other gear such as a protective cup and gloves are optional.

**What can I expect from an NBGC lacrosse clinic?** Each clinic will be one hour long. It will begin with dynamic stretching followed by working on fundamental skills like catching, passing, shooting, defense, and basic game knowledge.

**Can I stick around and watch my child?** NBGC's spectator policy will adhere to the IDPH sports guidelines. Spectators must remain in the designated spectator area.

**How do I register for a program?** All participants should be registered online at [www.nbgc.org/athletic-programs](http://www.nbgc.org/athletic-programs).

**What happens if weather prevents a clinic from occurring?** Any changes due to serious weather concerns will be communicated by the NBGC staff in advance via email.

**How will program changes be communicated?** Program is subject to change due to COVID-19 Phase and Tier mitigations. Any changes in programming will be communicated to the email addresses listed on the registration form.

**What is the drop-off and pick-up process?** Players can be dropped off and picked up at the Revere Park fields .

**What governmental guidelines will NBGC be following?** The NBGC will be following guidelines and recommendations of the IDPH, Chicago Park District, CDC, City of Chicago, and State of Illinois Restore Plan. Our safety protocols will include wellness screenings, temperature checks, social distancing, and disinfecting of all equipment, high touch surfaces, and common areas.

**What are your COVID-19 quarantine and isolation procedures?**

<b>CLOSE CONTACT</b>	
Vaccinated	Unvaccinated
May continue in programming as long as no COVID-19 symptoms appear.	Cannot participate in programming for 5 days and should be tested on day 6.

<b>POSITIVE TEST</b>	
Symptomatic	Asymptomatic
May return to programming on day 6. Day 0 is the date of the test or symptoms, whichever comes after.	Cannot participate in programming until day 6 <b>AND</b> being fever free for 24 hours.

**When will face masks be required?** At the moment, facemasks are encouraged but optional.

**What is the cancellation policy?** If you wish to cancel your program registration less than 7 days before the start of the program, a 25% cancellation fee will be charged; if more than 7 days before the start date of the program, a full refund or program credit will be applied. No partial refunds will be paid if participants miss any practices. Due to the ongoing pandemic, NBGC reserves the right to modify or cancel programs at any time for purposes of public safety or compliance. Should this occur we will notify all participants and work with you on next steps, including any applicable refunds.