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Hall of Fame Lacrosse Pro to Host Springdale Preparatory School Fall Clinic

(NEW WINDSOR, MD) – Springdale Preparatory School, an independent boarding and day school in New Windsor, Carroll County, Maryland, will host a free fall lacrosse clinic run by U.S. National Lacrosse Hall of Famer Tom Marechek.

The clinic will be led by Marechek, a Hall of Fame lacrosse player and long-time coach, who is launching the school's competitive lacrosse program this spring. The clinic will provide instruction from Marechek and other all-pro coaches for players of all levels. Among the skill areas are: positional work (offense, defense, goalkeeping), stick work, shooting, passing, and faceoffs.

The lacrosse clinic will be held on **Sunday, October 7, 2018 from 9:00-10:30 a.m.** at Springdale Preparatory School, 500 Main Street, New Windsor, Maryland. Refreshments for participants and family members will be provided. Activities for siblings also will be provided. All participants will receive a gift for attending the program, and will be able to register for a free drawing for Under Armour equipment. Following the clinic, attendees will be invited for a tour of the Springdale campus.

Marechek is a member of the Baltimore, National and Canadian National Lacrosse Halls of Fame, a four-time NCAA All-American with Syracuse University and winner of 11 National Championships (collegiate and professional). His jersey (#42) was retired from the Philadelphia Wings National Lacrosse League franchise after being named All Pro for nine seasons. He also played for the Baltimore Bayhawks (four-time All Pro), Team Toyota of the United States Club Lacrosse Association (six-time All Club) and the All World Team. Following his playing career, he has coached collegiate and high school athletes during competitions and training programs for more than 24 years.

For more information or to register for the clinic, call Springdale Preparatory School at 855-405-8600 or email Tom Marechek, varsity lacrosse coach and physical education facilitator, at tom.marechek@springdaleps.org.

About Springdale Preparatory School

Springdale Preparatory School is a co-educational, independent boarding and day school located on 21 acres in northern Maryland's rolling countryside. A college preparatory school with a diverse student population from Maryland counties, other states across the country and all over the world, Springdale Prep offers rigorous academics while equipping all learners with the tools needed to meet all of life's challenges. Springdale prepares students for enduring success beginning with a foundation of respect for other students, faculty and the world around them. Students develop strong relationships with each other and with faculty, who help to shape them to become tomorrow's leaders. Whether in the classroom, in the dormitory, or on the athletic fields, students experience learning through innovation and develop the skills needed to embrace lifelong learning and make a difference. For more about Springdale and its rolling admissions, visit <https://springdaleps.org>.

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