



CW Day of Lacrosse

May 29th, 2022

Elora, Ontario

SCHEDULE

10:30 am	CW Riverhawks U9-2 vs Shelburne Vets	on floor
11:25 am	Junior players meet & greet with autographs	lobby
11:30 am	CW Riverhawks U15-2 vs Arthur Aces	on floor
12:25 pm	Junior players meet & greet with autographs	lobby
12:30 pm	Pizza/refreshments available	concession
12:45 pm	Aimee Young of Living 2B Awesome - Kettlebell Demonstration	on floor
1:00 pm	Learn to String a Stick	hall
1:00 pm	Open Try-Lacrosse	on floor
1:45 pm	Rich Wigmore and RT Health Club - Athlete Blueprint	hall
2:00 pm	CMHA - Mental Health and You	hall
2:15 pm	Eramosa Physio - Concussion Management	hall
2:30 pm	Grand River Physio - DEMO Taping an Inversion Ankle Sprain	hall
2:45 pm	Questions and Networking	hall
3:00 pm	Hall Closed	hall
3:00 pm	Fergus Junior C Thistles vs Orangeville Northmen	on floor
5:00 pm	CWMLA U7 Select Riverhawks vs Orangeville Northmen	on floor
7:00 pm	Elora Junior B Mohawks vs Hamilton Bengals	on floor