

## **How to get started:**

- 1. Acquire a small gym space. Church gyms work fine.**
- 2. Advertise registration to parents of young children through recreation departments or other organizations.**
- 3. Recruit employee teachers. These people should have some college or higher education, experience with children and some level of physical confidence. (Don't have to be lacrosse players)**
- 4. Set up a time and place for staff training. 2 days for program directors and leaders, 1 day for guides (assistants)**
- 5. Contact me:     [Firststepslacrosse@gmail.com](mailto:Firststepslacrosse@gmail.com)**