



THE YOUTH LACROSSE SYSTEM, L.L.C.
YLSlacrosse.com

"We develop leadership & character through the fundamentals of lacrosse."



SELECTING THE RIGHT YLS PROGRAMS FOR SUMMER AND FALL LACROSSE

Welcome to the Youth Lacrosse System, L.L.C. (YLS), the lacrosse foundation of Holly Springs, Fuquay Varina, and Middle Creek since 2005! The following descriptions are designed to help our current and future YLS lacrosse customers select the programs that make sense for the goals of the student-athlete and their parents. We want each experience to lead to an opportunity for the student-athlete to learn effectively, be successful, and be excited about the next appropriate step for the progress they are making. The YLS Directors and YLS Coaches are available at each event to analyze student-athlete skill ability and progress and can offer recommendations for what a participant should be doing next in their lacrosse development. Feel free to contact Directors@YLSlacrosse.com for any questions. We are excited to work with you as you learn what makes lacrosse "the fastest game on two feet."

- Doug Greenberg, Head Varsity Coach Holly Springs H.S., Co-Director YLS

YLS RECREATIONAL LACROSSE PLAYER

A **YLS Recreational Lacrosse Player** is a student-athlete in grades K-8 that is very likely to fall into any or all of the following categories:

- Brand new to lacrosse and very excited to learn the fundamentals and rules of the game
- A beginning player who has attended a camp before and been introduced to the game but no formal competitive league experience such as the YLS Fall Champions Lacrosse League, YLS Frozen Fingers Lacrosse League, YLS Spring Travel Teams

A **YLS Recreational Lacrosse Players** should be registering for the following YLS programs to develop the necessary fundamental skills, to learn the rules of the game, and to gain confidence. (YLS helmets and shoulder pads are available for new players to rent):

YLS SUMMER 70 LACROSSE CAMPS	K-8TH GRADE DIVISIONS	www.YLSlacrosse.com
YLS SUMMER RECREATIONAL LAX LEAGUE	3RD-8TH GRADE DIVISIONS	www.YLSlacrosse.com
YLS FALL RECREATIONAL LAX LEAGUE	K-8TH GRADE DIVISIONS	www.YLSlacrosse.com

YLS TRAVEL LACROSSE PLAYER

A **YLS Travel Lacrosse Player** is a student-athlete that is very likely to fall into any or all of the following categories:

- Has played travel lacrosse before
- Has attended multiple YLS camps, understands the rules and fundamentals of the game, and can apply the skills competitively even if they have not participated in a league setting before
- Has played in a formal league such as the YLS Fall Champions Lacrosse League, YLS Frozen Fingers Lacrosse League, YLS Spring Travel Teams

A **YLS Travel Lacrosse Player** should be registering for the following YLS programs to learn the necessary individual and team skills to play competitive lacrosse against top level competition in NC and at tournament play beyond our state:

YLS TOP 24 POSITION CAMPS: THE SHARP SHOOTER	5TH-8TH GRADE	www.YLSlacrosse.com
YLS TOP 24 POSITION CAMPS: THE RELENTLESS DEFENDER	5TH-8TH GRADE	www.YLSlacrosse.com
YLS TOP 24 POSITION CAMPS: THE DYNAMIC MIDI	5TH-8TH GRADE	www.YLSlacrosse.com
YLS TOP 24 POSITION CAMPS: THE FEARLESS GOALIE	5TH-8TH GRADE	www.YLSlacrosse.com
YLS SUMMER RECREATIONAL LAX LEAGUE	3RD-8TH GRADE	www.YLSlacrosse.com
YLS SUMMER 3v3 CHUMASH CHALLENGE	5TH-8TH GRADE	www.YLSlacrosse.com
YLS FALL CHAMPIONS LAX LEAGUE	5TH-8TH GRADE	www.YLSlacrosse.com
YLS FALL 3v3 CHUMASH CHALLENGE	5TH-8TH GRADE	www.YLSlacrosse.com

LOCATION: HOLLY GROVE MIDDLE SCHOOL ATHLETIC FIELD

DATES OF PARTICIPATION: NOVEMBER 13, 15, 16 (ANY OR ALL)

TIMES: IMMEDIATELY AFTER SCHOOL

Holly Grove Elementary School Sessions: 4PM TO 5:15PM

Holly Grove Middle School Sessions: 3:15PM to 4:30PM

PARENT PICKUP: PARENTS MUST PICK UP THEIR CHILD ON TIME. PARENTS ARE PERMITTED TO ATTEND, WATCH, AND ASK QUESTIONS AFTERWARDS.

NOTE: HOLLY GROVE ELEMENTARY SCHOOL STUDENTS WILL WALK OVER TO THE FIELDS SUPERVISED BY AN ADULT IMMEDIATELY AFTER SCHOOL.

HOW TO SIGN UP FOR INTRAMURAL LACROSSE

1. Students at **Holly Grove Middle School** will go to **Ms. Greenberg's** classroom (**1214**) and sign up by recording their *name, parent name, and parent email address*.
2. Students at **Holly Grove Elementary School** will go to **Ms. Gutshall's** classroom (**2312**) or **Ms. Butler's** classroom (**2310**) and sign up by recording their *name, parent name, and parent email address*.

HOLLY GROVE INTRAMURAL LACROSSE PROGRAM

The Holly Grove Intramural Lacrosse Program is a FREE afterschool opportunity for BRAND NEW and BEGINNER students in Holly Springs to learn about lacrosse and what makes it 'the fastest game on two feet.' With a likeable combination of football, basketball, hockey, and soccer, this has become the fastest growing team sport in NC and in America. Students will learn the basics of passing, catching, and ground balls while developing the basic team strategies as taught by the Holly Springs H.S. Boys Lacrosse Coaching Staff. Each session will have individual and small group skill development, as well as team competitions that emphasize the key components of this fast-paced sport.

WHAT DO YOU NEED TO PARTICIPATE

Student-athletes will only need the following in order to participate:

1. Provide student name, parent name, email, and emergency contact information on the sign-up sheet or by emailing Coach Greenberg at dgreenberg@wcpss.net
2. Comfortable athletic clothes for outdoor training
3. No equipment necessary unless you own any. We will provide sticks for new players to borrow.
4. A positive attitude and coachable qualities

WHAT TYPE OF STUDENT-ATHLETE WOULD BE SUCCESSFUL AT LACROSSE

The Holly Springs H.S. Boys Lacrosse program has made the playoffs 5 straight years and been ranked in the Top 10 in NC multiple times. The program has had 3 Division 1 players, two of which have won NCAA Division 1 National Championships—Virginia in 2011 and Loyola in 2012. There have been 3 All-Americans, 1 Academic-All American, and multiple players play at the Division 1 and Division 2 level with several on scholarship. All of these team and individual accomplishments come from the fact that **all of the Holly Springs H.S. lacrosse athletes have a competitive background in either FOOTBALL, BASKETBALL, HOCKEY, or SOCCER**. These team sports demand an appreciation for contact, speed, and endurance—all of which are components of what makes lacrosse so exciting.

Lacrosse is not a replacement for the activities you already enjoy. It will be an application of the skills you already know. Join us for a **FREE** opportunity to learn about Lacrosse, Holly Springs lacrosse, and YLS.