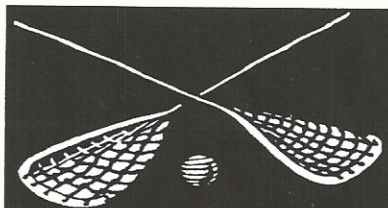


BALLSTON SPA GIRLS' YOUTH LACROSSE LEAGUE

Program Goals: The Ballston Spa Girls' Youth Lacrosse League provides girls of all skill levels the opportunity to learn and play the game of lacrosse in an instructional setting. *Safety, sportsmanship, and participation will be stressed at all times.* We are a participant of the Capital District Youth Lacrosse League and play competitive games against other schools.



Program Details:

Three divisions or Age Groups: Grades 1-2 Grades 3-4 and Grades 5-6

Required Equipment: Goggles, Mouth Guard, and Stick

Very limited amount of equipment to borrow is available.

Players are encouraged to obtain and use their own equipment.

Fees: \$ 110 Grades 3-6 or Grades 1-2 \$100 and \$35 to US Lacrosse Please sign up at www.uslacrosse.org

Fees includes jersey, tournament fees, practices, and end of season banquet,

Season: The season runs from **Monday April 15th through Saturday June 9th**
Weather Dependent

Monday and Wednesday evenings 6:00 PM to 7:30 PM

Round robin tournaments will be one **Sundays** and mostly **Saturday mornings**.

Schedule to follow

Site:

A schedule of games and practices will be handed out from coaches. Some games are played at away sites in the capital region. All practices will be held on the Varsity Girls' Lacrosse Field. This field is the field located in front of the High School/Middle School Complex.

For more information contact:

Don Nowc at dnowc@bscsd.org or call 884-7150 x2380

Mail Registration Forms to:

Don Nowc

220 Ballston Ave.

Ballston Spa, NY 12020

**Ballston Spa Girls' Youth Lacrosse
2019 Spring Team Registration Form**

Player's Name: _____ Shirt Size: S/M or L/XL

US Lacrosse Number: _____ Exp. Date: _____

(Please sign up at www.uslacrosse.org). There will be a \$35 membership fee.

Player must have a membership number before they can practice.

Player's Date of Birth: ____/____/____ Grade: _____

Parent/Guardian Name: _____

Phone 1: (____) _____ - _____ Phone 2: (____) _____ - _____

Address: _____ Zip: _____

Email: _____@_____ Cell #: (____) _____ - _____

EMERGENCY CONTACT: _____

Contact Phone: (____) _____ - _____ Relation to Player: _____

FEES:

Grades 1 and 2--- \$100.00 _____ **Grades 3-6----- \$110** _____

Does your player need to borrow club equipment? ____Yes ____No

The club has a limited amount of equipment to offer and will provide equipment at registration!

The Ballston Spa Girls' Youth Lacrosse Program is a volunteer run organization.

The following are the areas in need of support. Please help to make the Ballston Spa Lacrosse experience a great one for all of the youth in our community!

_____ Coach _____ Asst. Coach

REGISTRATION FORMS CAN BE MAILED TO:

Don Nowc

220 Ballston Ave.

Ballston Spa, NY 12020

Or

Registration Day will be **March 23th from 12-2 pm** at the High School Cafeteria

Also on April 13th From 10-12 at the Wellness Expo in the High School

Or Mail it into the High school. Registration forms will be accepted until April 16th

Checks should be made out to: **B.S. Girls Youth Lacrosse**