

# What do I need to know about COCALICO GIRL'S LAX?

**What ages/grades can play?** Any girl in 2nd—8th grade is eligible to play girl's lacrosse for Cocalico.

**When is the season?** Our main season is the Spring from mid-March through the end of May.

**What does a typical week look like?** All teams typically practices two days a week (typically Tuesday/Thursday). All ages have "Play Days" on Saturdays at the same location, the games run all day with the younger teams playing first in the morning. The club will typically play in 1-2 tournaments during the season.

**What about all that equipment?** Players will need a stick, a mouth guard & goggles to play. A starter sets cost about \$75.00.

**When is registration & what are the costs?** Registration will be open on our website from November 4th-January 13th & will be \$60.00. Additionally players will need to purchase a uniform & all members need to be registered with US Lacrosse (\$30).

**But I don't know anything about lacrosse?** That is OK we have some great coaches who love to teach the game to new parents & players! It is a real easy game to pick up & a lot of fun to watch!

**Are there opportunities to "try" out lacrosse?** In the Fall and Summer we offer a Skill Development program where new or interested players can drop-in & try lacrosse. Our coaches love to teach the game to new players...once they try it we think they will be hooked!

**I still have questions, what should I do?** Visit our website at [cocalicolax.com](http://cocalicolax.com) for more information or contact us via email at [cocalicogirlslacrosse@gmail.com](mailto:cocalicogirlslacrosse@gmail.com) with your questions.



## Why join Cocalico Girl's Lacrosse?

- ⇒ Your daughter will LOVE the fast paced action of the game! It's the fastest game on two feet!
- ⇒ Size doesn't matter! Big or small, you can excel in this game.
- ⇒ Its never too late to try! We've had 7th & 8th grades try it for the first time & learn it quickly!
- ⇒ Lacrosse is a combination of other sports! Aspects of soccer, basketball & other sports can be found throughout game play. Our focus is always on skill development & teamwork!
- ⇒ All players on the field are involved in the game! On most plays the ball can find every player's stick from defense to offense. It's truly a TEAM game!
- ⇒ We have great coaches who are EXCITED to teach the game!
- ⇒ Your parent's didn't play lacrosse! Try something different!
- ⇒ IT IS FUN! All of the other reasons add up to an awesome experience for your daughter & their growth!



LACROSSE IS  
BETTER THAN  
UNICORNS &  
SPARKLES

## Info to Know

- Registration begins on November 4th & runs through January 13th
- Spring season begins about March 9th
- Questions? Email us at [cocalicogirlslacrosse@gmail.com](mailto:cocalicogirlslacrosse@gmail.com)

**VISIT OUR WEBSITE FOR MORE INFORMATION OR TO REGISTER**

[WWW.COALICOLAX.COM](http://WWW.COALICOLAX.COM)