

# 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 season is the Spring from mid-March through the end of May.

**What does a typical week look like?** All teams 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 these are on Saturdays or Sundays.

**What do they need to play?** Players will need a stick, a mouth guard & goggles to play. A basic starter set costs about \$75.

**When is registration & what are the costs?** Registration will be open on our website on November 8th and will run through January 18th & will be \$60.00. Additionally first year players will need to purchase a uniform & all players must register with US Lacrosse (\$30). **WWW.COCALICOLAX.COM**

**But we don't know anything about lacrosse?** That is OK! We have some great coaches that 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 sessions where 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. **WWW.COCALICOLAX.COM**



## 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! Last season we had about 20 players ready to try the sport for the first time & many players learn it quickly!
- ⇒ Lacrosse is a combination of other sports! Aspects of soccer, basketball field hockey & 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!
- ⇒ Did we mention that we have great coaches who are EXCITED to teach the game!?!?!? At times some of our high school players come and share their knowledge with the girls.
- ⇒ Most likely your parent's did not play lacrosse! Why not try something different?
- ⇒ IT IS FUN! All of the other reasons add up to an awesome experience for your daughter & their growth!



## Info to Know

- Registration begins on November 8th & runs through January 18th
- Register early! This allows us to have an accurate roster numbers!
- Spring season begins about March 8th
- Questions? Email us at [cocalicogirlslacrosse@gmail.com](mailto:cocalicogirlslacrosse@gmail.com)

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

**WWW.COCALICOLAX.COM**