



Hillgrove Junior Lady Hawks Lacrosse



Fall Registration Is Now Open for the Jr Lady Hawks lacrosse feeder program.

Go to ladyhawkslax.com to register! Please tell all of your friends who want to try out lacrosse that the Fall is a great time to do so. Be sure to register as soon as possible as we cannot guarantee additional teams at each level if teams fill up quickly.

Fall 2016 YOUTH PROGRAM DETAILS

Hillgrove Jr. Lady Hawks Lacrosse

The Hillgrove Junior Lady Hawks Lacrosse recreational teams are open to all youth, regardless of school districting. Hillgrove plans on offering teams at all MAYLA age levels.

New Mini-Stix Division - Kindergarten and 1st Grade- **5-8 players per team**

U9 (Bantam) 2nd and 3rd Grade -**10-12 players per team**

U11 (Lightning) – 4th and 5th Grade - **10-14 players per team **U11 will follow a 7v7 format this Fall, which is played on a smaller field****

U13 (Junior) – 6th and 7th Grade - **16-20 players per team**

U15 (Senior) – 8th and 9th Grade (May include 7th graders) - **16-20 players per team**

Registration Fees: Mini-Stix - \$125 U9/U11 -\$225 U13/U15 \$250

The Fall season will focus on developing players in the areas of learning the game and honoring the game of lacrosse through stick skills, individual drills, team drills, and game play situations in a safe environment. All players are welcome from beginner to advanced skill levels. All players will play in every game, regardless of skill level.

- Practice schedule: **Mondays and Thursdays**, (Saturday practice-Coaches' decision)
- Practice times: **Mini-stix**: 5:00-5:45, **U9/U11**: 6:00-7:15, **U13/U15**: 7:15-8:30
- Practice fields will be available at Hillgrove High School (lower field)
- We will be playing in the **Metro Atlanta Youth Lacrosse Association (MAYLA)**. Additional games may be scheduled at the discretion of the head coach.
- **Active US Lacrosse membership is required** to participate in the Fall Season. <http://www.uslacrosse.org/membership.aspx>

We look forward to another exciting, fun-filled, successful lacrosse season at Hillgrove! For additional questions, please contact Jon Woodham at: jewoodham@yahoo.com

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