



# Lacrosse

The Illinois Girls Lacrosse Association is adopting the US Lacrosse "PLAYERS FIRST" ATHLETE DEVELOPMENT MODEL: THE RIGHT LACROSSE AT THE RIGHT TIME. Providing every athlete the opportunity to enter, enjoy and excel by learning and playing lacrosse in a way that's best for each stage of growth and development. This creates a model of participation that provides opportunity for all, for life. Rationale for Small-Sided Competition: Smaller players, smaller fields. That's the name of the game if we want to keep kids engaged, developing their skills and getting more touches on the ball. We'll see better skill development, more enjoyment and increased retention rates by letting the kids play the right way.

IGLA offers two levels of league play: Pink and Purple. Both are recreational, community lacrosse. Pink teams practice once/week. Purple teams practice twice/week and may travel more for games. Players considering Purple must first attend a skills assessment. Register and order uniforms at [www.iglax.org](http://www.iglax.org) by 9/1/17. A late fee of \$10 and \$25 for late uniform orders and registrations, respectively, will be assessed after 9/1/17.

## 6U GIRLS LACROSSE FUNDAMENTALS CLINICS (GRADES K-1)

Deerpath Park Soccer Field #2

Join IGLA for a weekly one hour clinic for girls in K-1st grade who want to learn the FUNDamentals of lacrosse. The program develops basic skills using fun games and coaching techniques. Register at [www.iglax.org](http://www.iglax.org) after you have registered with the park district.

Equipment: Sticks available and soft balls provided. No goggles or mouth guard required.

### Schedule

:60 (:30 Practice, :30 Scrimmage Game)

CODE	DATES	DAY	TIME	FEE
<a href="#">220601-1</a>	9/13 - 10/18	W	5:30-6:30p	\$130

## GIRLS LACROSSE LEAGUE-PINK (Grades 2-9)

### Deerpath Park

The goals of this program are to understand the rules of lacrosse, active teamwork, sportsmanship and foster personal development in a respectful environment led by positive coaching. All players will receive equal playing time. A stick, hard ball, goggles, and mouth guard are required.

### League Practice Schedule

First practice: Sunday, September 10, 1:00-2:30p  
Monday practices: 9/11-10/16

### Sunday Game Schedule

8U- :60 (:30 Practice, :30 Game)  
10U-14U- :75 (:30 Practice, :45 Game)

**Fee: \$185, plus uniform fee.**

CODE	LEAGUE	GRADES	DATES	DAY	TIME
<a href="#">220602-1</a>	8U	2-3	9/10 - 10/22	W	5:30-6:30p
<a href="#">220602-2</a>	10U	4-5	9/10 - 10/22	W	5:30-6:30p
<a href="#">220602-3</a>	12U	6-7	9/10 - 10/22	W	5:30-6:45p
<a href="#">220602-4</a>	14U	7-9	9/10 - 10/22	W	5:30-6:45p

## GIRLS LACROSSE LEAGUE-PURPLE (Grades 4-9\*)

### Deerpath Park

The goals of this program are to understand the rules of lacrosse, active teamwork, sportsmanship and foster personal development in a respectful environment led by positive coaching. All players will receive equal playing time. A stick, hard ball, goggles, and mouth guard are required.

### League Practice Schedule

First practice: Sunday, September 10, 1:00-2:30p  
Monday & Wednesday practices: 9/11-10/18

### Sunday Game Schedule

10U-14U- :75 (:30 Practice, :45 Game)

**Fee: \$285, plus uniform fee.**

*\*You must attend an assessment to register. Qualified 3rd graders will play on the 10U team*

CODE	LEAGUE	GRADES	DATES	DAYS	TIME
<a href="#">220602-6</a>	10U	4-5	9/10 - 10/22	M/W	5:30-6:30p
<a href="#">220602-7</a>	12U	6-7	9/10 - 10/22	M/W	5:30-6:45p
<a href="#">220602-8</a>	14U	7-9	9/10 - 10/22	M/W	5:30-6:45p