

# HC Lax U10 Girls Age Group Overview



**Birthdate range: SEP 1, 2007 - AUG 31, 2009**

- This league is designed for players of all levels, from beginner to experienced. Prior participation in a skills clinic or instructional league is recommended but not required.

## **Age group goals:**

- Develop a technically sound set of lacrosse skills and athletic movement skills necessary in lacrosse with instructional gameplay.
- Develop physical fitness and coordination, foster teamwork, and encourage and reinforce good sportsmanship.
- Instill a sense of competition with gameplay.

## **Equipment needed:**

- Athletic shoes or cleats
- Lacrosse stick
- Mouth guard
- Lacrosse goggles/eyewear

## **Uniforms:**

- As part of the registration fee for HC Lax, all players will receive a full Under Armour uniform set, which includes a reversible Ripshot jersey and a pair of shorts.

## **Format:**

- Teams - Teams are then split up generally based on geographic area.
- Practices – Teams will generally practice once or twice a week beginning around April 1st. Time and location are determined by the coach of the team. All of the possible practice locations that your coach can choose from are listed [here](#).
- Games - Games are played once a week on Saturday mornings with additional weeknight

games being added starting the week of April 23rd. Players are generally guaranteed to play one-half of each game. Games are played at Howard County Regional Parks on lighted synthetic turf fields.

## **Who will be coaching my child?**

- [All coaches in HC Lax are members of the Howard County Coaches Registry. For more information on what this means, please click here.](#)
- All of our HC Lax coaches are volunteers, which is why they get the benefit of picking their practice time and location around their schedule.
- Multiple coaches trainings are offered pre-season and throughout the season.
- **We can always use more volunteers!**

## **Registration:**

- [Click this link](#)
- Call 410-313-7275 between 8:30 AM-4:30 PM
- Walk in: 7120 Oakland Mills Rd. Columbia, MD 21046.
- Scholarship information: 410-313-4659

## **Information:**

Ray Hall  
Recreation Supervisor  
Howard County Recreation and Parks  
(410) 313-1689  
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