

# HC Lax U8 Girls Age Group Overview



## Birthdate range: SEP 1, 2009 - AUG 31, 2011

- This age group is designed for participants in first and second grade. Participation in a skills clinic or any experience with a lacrosse stick is recommended but not necessary.

## Age group goals:

- Teach the game in an instructional environment, while starting to add in gameplay.
- Develop physical fitness and coordination, foster teamwork, and encourage and reinforce good sportsmanship.
- Introduce players to a team dynamic.

## Equipment needed:

- Athletic shoes or cleats
- Lacrosse stick (must be between 36 and 42" long)
- 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 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. Score will not be kept for games at this age group. Players are generally guaranteed to play one-half of each game. Games for western teams are generally played at Western Regional Park, and games for eastern teams are played on the fields at Bonnie Branch MS OR Ilchester Elementary School.

## 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:

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