

## WHY CLUB LACROSSE?

According to US Lacrosse, lacrosse is the fastest growing youth and NCAA sport. Club lacrosse serves as a premier opportunity for youth and high school players to compete at an elite level alongside players from a multitude of towns. Through utilizing a highly qualified coaching staff, club players are instilled with the fundamentals needed to thrive at the high school and college levels. Lax Power states there are approximately 500 Women's College Lacrosse Programs (DI-DIII) and another 250+ college club programs. Therefore there are countless opportunities for your daughter to play at the college level.

## WHY LAX PLUS?

- **Playing Opportunities (4<sup>th</sup> -12<sup>th</sup> grade Girls and Beyond)**
- **Program-wide Curriculum** (Developmental program for youth through high school. *One Program-One Culture!*)
- **Highly Qualified Coaching Staff**
  - Club is directed by Springfield College Head Women's Lacrosse Coach, Kristen Mullady, and former UConn 1<sup>st</sup> Team All-Big East and IWLCA All Region Team, Melissa Nord.
  - Club Coaches have all coached and/or played at the college and/or high school level
  - Curriculum Director, Recruiting Coordinators, and Goalie Training Specialist on staff
- **Player Evaluation System:** Players are continuously evaluated each season to make sure they are placed appropriately for their development.
- **Recruiting Assistance:** Each high school player is assigned a recruiting coordinator that walks them through the college process. We currently have athletes playing at 50+ college programs.
  - *Lax Plus Recruiting coordinators act as a liaison between college coaches and student athletes*
- **Year Round Playing Opportunities:** Players *choose* which season(s) to participate
  - **Fall Season (September-November)**
    - \*\*Weekends Only: 3-4 one-day tournaments, Minimal Practices
    - \*\*Fall Season is kept light to support Fall sports schedules
  - **Winter Skills and Conditioning (November-February)**
    - \*\*Two days a week for 12 weeks – 24 Sessions of Advanced Skills Training with our Staff
  - **Spring Northeast Club Lacrosse League (April-June): Youth Players Only**
    - \*\*Six Weekends of Elite Club Level Competition that provides players the opportunity to play with both their town and club programs. Light practice schedule.
  - **Summer Season (June&July)**
    - \*\***Most Intensive season:** 3-4 one-two day tournaments, weekly practices June-July
    - \*\***K-8th Developmental Program:** 1-2 Weekly Clinics June-July



***“Through exposing our players to elite level competition and coaching, we continuously challenge players both physically and mentally to strive for personal excellence”***

**Visit our Website Homepage to View our Informational Video  
and Upcoming Tryout Information  
([www.laxplusclub.com](http://www.laxplusclub.com))**



## YOUTH 2018 SPRING NECLL PROGRAM

### **YOUTH SPRING TRYOUT DATE**

**5<sup>th</sup>-8<sup>th</sup> Grade Girls (2017-18 school year)**

**Date: Thursday, March 29th**

**Location: Sportsworld, East Windsor, CT**

**Time: 4:30-6:00pm**

**Fee: \$50**

### **YOUTH SPRING NECLL PROGRAM**

**Field Player (\$425)**

**Goalies (\$215)**

\*Competitive Club League  
to Supplement Town  
Recreation Programs

\*5 Saturday late afternoon  
double headers games

\*Playoffs to Finish the  
Season

\*Light Practice Schedule as  
to not interfere with town  
programs

\*2 Home Weekends/3  
Travel Weekends

\*Compete against other  
clubs in New England



**YOUTH 2018 SUMMER DEVELOPMENTAL and CLUB PROGRAMS**

**YOUTH CLUB PROGRAM TRYOUT DATE**

***4<sup>th</sup>-8<sup>th</sup> Grade Girls (2017-18 school year)***

**Date: Sunday, May 20th**

**Location: Sportsworld, East Windsor, CT**

**Time: 5:30-7:30pm**

**Fee: \$50**

***\*\*Players Are Not Required to Tryout for K-5th Clinic Series or 4<sup>th</sup>-8<sup>th</sup> Developmental Program\*\****

<b>K-5th Clinic Series</b>  <b>Field Players (\$150)</b> <b>Goalies (\$75)</b>	<b>4th-8th Grade Club Developmental Program</b>  <b>4<sup>th</sup>-7<sup>th</sup> Grade Field Players (\$350)</b>  <b>8<sup>th</sup> Grade Field Players (\$400)</b>  <b>Goalies (\$175)</b>	<b>4th-7th Grade Club Program</b>  <b>Field Players (\$895)</b> <b>Goalies (\$450)</b>	<b>8th Grade Club Program</b>  <b>Field Players (\$945)</b> <b>Goalies (\$475)</b>
*6 Tuesday Summer Clinics at Springfield College (5:30-6:45pm) *No Summer Tournaments * Requires US Lax Membership and Jersey Purchase	*14 Summer Practices at Springfield College (5:00-7:00pm) *No Summer Tournaments *Requires US Lax Membership and Uniform Purchase  <i>*8<sup>th</sup> Grade Only Includes College Coaches Clinic and Recruiting Talk</i>	*14 Summer Practices at Springfield College (5:00-7:00pm) *4 Summer Tournaments *Requires US Lax Membership and Uniform Purchase	*14 Summer Practices at Springfield College (7:00-9:00pm) *College Coaches Clinic *Recruiting Talk *4 Summer Tournaments *Requires US Lax Membership and Uniform Purchase

**NOTE: Fees do not include one time uniform fee and US Lacrosse Membership**

**Visit our Summer Calendar Pages at [www.laxplusclub.com](http://www.laxplusclub.com) for more detailed Information**

**QUESTIONS**

**[melissa@laxplusclub.com](mailto:melissa@laxplusclub.com)**



## HS 2018 SUMMER CLUB PROGRAM

### HS CLUB TRYOUT DATE

**9<sup>th</sup>-11<sup>th</sup> Grade Girls (2017-18 school year)**

**Date: Tuesday, June 5th**

**Location: Springfield College, Springfield, MA**

**Time: 7:00-9:00pm**

**Fee: \$50**

### **9<sup>th</sup>-11<sup>th</sup> Grade Club Program**

**Field Players (\$1375)**

**Goalies (\$690)**

\*12 Summer Practices  
at Springfield College  
(7:00-9:00pm)

\*College Coaches Clinic

\*Recruiting Talk

\*4 Summer

Tournaments

\*Requires US Lac

Membership and

Uniform Purchase

\*\*Additional Invite Only

Tournament for Select

Players

*NOTE: Fees do not include one time uniform fee and US Lacrosse Membership*

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### QUESTIONS

*[melissa@laxplusclub.com](mailto:melissa@laxplusclub.com)*