

**26 years, More Teaching,
Better Players**

2021-2022

Thanks so much for your interest in Doc's NYC Lacrosse.

Here are summaries of our programming for each season (dates, times, and locations to be finalized in the registration material found on our website [www.http://docsnyclax.usl.la/](http://docsnyclax.usl.la/) :

Fall—Focus on building skills with some game situations added as appropriate

- Grades: K-9
- Gender: Boys program and Girls program
- Format: Weekly teaching Clinics with game situations; one scrimmage day against another program
- Number of sessions: 6 Sundays
- Locations (where we play, finalized when we receive our permits): Cardinal Spellman HS (Bronx); Fieldston School (Bronx); Riverdale School (Bronx); Murry Bergtraum SoftBall Field (Lower Manhattan); Randall's Island; Corlears ball park (Lower Manhattan).
- Time: 1.5 hour sessions usually scheduled in the 9-12Noon range; but subject to change due to Covid-19 field Restrictions.
- Registration: posted on our website on or around Mid-July.
- Cost (based on last season, subject to change): \$550-650

Winter—Indoor, focus on building skills with intensive basic stickwork development (December-Early February)

- Grades: 3-8 (may allow 2nd graders)
- Gender: Boys program and Girls program
- Format: Weekly teaching Clinics (stickwork, dodging, and shooting with box lacrosse concepts; game situations; 4v4 games)
- Number of sessions: 6 Sundays
- Locations where we play (finalized when we receive our permits): City College Gym on upper west side
- Time: Sunday afternoons or evenings nights in 1.5 hour sessions.
- Registration posted on our website on or around October 15.
- Cost (based on last season, subject to change): \$425 - \$525

Winter—Indoor & Outdoor, focus on building skills with intensive advanced stickwork development (January & February)

- Grades: 5-8
- Gender: Boys program and Girls program
- Format: 50-50 time spent on skills and advanced game situations
- Number of sessions: 4 sessions (boys on Tuesdays, girls on Wednesdays)
- Locations where we play (finalized when we receive our permits):CCNY Gym, Upper West side Indoors & Randall's Island Upper East side Outdoors.
- Time: Weeknights 1.5 hour sessions, 6:30-8PM.
- Registration posted on our website on or around November 1.
- Cost (based on last season, subject to change): \$425 - \$525

Spring—Focus is team lacrosse for Grades 3-8 and clinic based curriculum for Grades K-2 (February evaluations for 3-8th graders, season is March 1 through end of May/Early June for 3-8th graders; April-Early June for K-2nd graders)

- Grades: K-8
- Gender: Boys program and Girls program
- Format (K-2) : Weekly teaching Clinics with game situations; 1-2 mid-late season Play Days against other programs
- Format (3-8): Team based; pre-season practices; weeknight practices (2 per week), weekend games/weekend tournaments
- Number of sessions (K-2): 9-10

- Number of practices and games (3-8): Approximately 10-12 practices and 10-12 games or tournaments
- Locations: where we play (finalized by permits): Cardinal Spellman HS (Bronx), Randall's Island, Riverdale Country School (Bronx), Fieldston School, and some Manhattan park spaces
- Time (K-2): Sunday Mornings
- Time (3-8): 2 pre-season Sunday sessions; 2 weeknight practices each week; games/tournaments on Saturdays or Sundays, sometimes both.
- Registration: posted on our website November 1 and **closes** December 31.
- Cost (based on last season, subject to change) K-2: \$625-675
- Cost (based on last season, subject to change) 3-8 girls: \$750-825
- Cost (based on last season, subject to change) 3-8 boys: \$750-825

June Camps--Focus on building skills with some game situations added as appropriate; competitions; Field Directors are former College stars and Professional Players (2nd and third weeks of June)

- Grades: Rising 3-9th graders
- Gender: Boys and Girls
- Format: Station work (drills and stick work; 1v1, 2v2, 3v3 scrimmaging; intensive stick skill development)
- Number of sessions: 5 per week
- Locations (where we play, finalized when we receive our permits): Pier 40
- Time: 8:30-1PM
- Registration: posted on our website in early April
- Cost: \$450 per week, and bus service for an additional charge available

Contact Information: Mat Levine (917-957-4409; Mat.levine@citylax.org)

July and August Hamptons Clinics

- Easthampton – Stephan Hands Park.
- Southampton – Southampton High School
- Grades: 3-8 (may allow 2nd graders)
- Gender: Boys and Girls
- Format: Small skill building exercises and scrimmaging (Flex 6) by USA Lacrosse.
- Number of Sessions: 6 total , 2 per week.
- Time: TBD
- Registration: Posted on website in mid June
- Cost: \$495