



# North Allegheny Summer Lacrosse (NASL)

## Purpose

Provide a cost effective summer lacrosse opportunity to North Allegheny High School and Youth Lacrosse players. We want to keep our NA players together with a high level of coaching and playing within a common system.

## Mission

After 19 years as a High School / Collegiate coach and 15 years as a Club Lacrosse coach, I have a very definitive idea about how to develop the best players possible. I have watch the club lacrosse scene grow dramatically over years and I have also seen the cost of these programs skyrocket. There a a few things I have learned in the process:

- Club teams are good a teaching individual skill but struggle to teach players to understand how the game is played from a team perspective. During the spring player's team play is developed within the NA system. **We want to continue that during the summer and teach the players why we play the way we do and carry om what they learned in the spring.**
- We believe that the most successful teams in the summer have **coaches that are invested in the team**. Therefore, we will be using NA coach or former players. We want people the know the NA system and want to see the program continue their success.
- I have spent the last 6 years helping 3d Lacrosse (largest club program in the country) developing coaching curriculum for youth, high school, and club programs. We are going to be able to provide a **higher level over coaching** than any club program in the area.
- We want this program to be as **cost effective** as possible. No one is doing this to support their livelihood, therefore, we can offer this a lower cost.

## Program

- Teams: Grades are based on the grade your child just completed

High School (grades 9-11)	2022/23 (Grades 7-8)
2024/25 (grades 5-6)	2026/27 (grades 3-4)
8U (grades 1-2)	

## Practices

**Training Camp** – We will have a three day training camp (tentative June 12, 13, 14) on a Tuesday, Wednesday, and Thursday evenings. We believe this is one of the most important



thing we do during the summer and attendance is expected.

**Practices** – They will be on Tuesday and Thursday from 6:30-8:30 (for HS, 14U, and 12U) and 6:30-8:00 (for 10U & 8U). Most likely they will be at Linbrook. Starting practices on June 19<sup>th</sup> and ending on July 12<sup>th</sup>.

### Tournaments

Baltimore Summer Kick Off – June 23-24<sup>th</sup> – Baltimore, MD.

- High School Team only

Summer Slam – June 23-23<sup>th</sup> – West Chester, PA

- 2022/23, 2024/25, 2026/27

Hogan Hershey – July 14-15<sup>th</sup> – Hershey, PA.

- All teams

<b>Cost</b>	High School - \$1,295	2022/23 - \$1,075
	2024/25- \$895	2026/27 - \$750
	8U - \$300 (only 1 tournament)	Training Only - \$275

Deposit of \$250 is due February 1<sup>st</sup> (8U deposit is only \$100)

### Directors

Peter Hoffman

- 21 years as high school/college coach (St. Mary's College, University of Oregon, Leonardtown MD, Shady Side, North Allegheny, and Birmingham MI)
- 6 as 3d Lacrosse regional director of 3d Michigan and 3d Blue Chip Recruiting Series

Michael Eck

- Former North Allegheny All-American and collegiate player (Robert Morris) and current NA coach at High School and Youth level

John Rullan (Adviser)

- Head Varsity Coach at North Allegheny



## NASL Registration Form

### PARTICIPANT INFORMATION

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone number \_\_\_\_\_

E-mail \_\_\_\_\_

School \_\_\_\_\_ Current grade \_\_\_\_\_

Preferred Position \_\_\_\_\_ Yrs of Experience \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Emergency # \_\_\_\_\_

US Lacrosse #: \_\_\_\_\_

### **PARENT/GUARDIAN INFORMATION**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

E-mail \_\_\_\_\_

Phone number \_\_\_\_\_ Home # \_\_\_\_\_ Cell \_\_\_\_\_

- **Send Check Payable to "NASL" to: NASL Lacrosse, 1605 White Oak Ct., Pittsburgh, PA. 15237**