



Millard West Girls Lacrosse

Information

Follow and Like Us- Here is how to contact us!

Twitter- @MWGLax

Facebook-Like us on Facebook-MillardWestGirlsLacrosse

Website-Millard West Lacrosse-MWLAX.com

Contact- Gwen Newsome mwgirlslax@gmail.com

Coaches

Meredith Stassi-Former D1 Player at Duquesne University

Rob Mazanec-Head Coach UNL Lacrosse

Team Manager-Gwen Newsome gnewsome@omahalacrosseclub.com

Training

We will do some outdoor training in late Sept-October. Stay tuned for more details.

Sign up

We want to capture your information on sign up sheets today, but also on the team registration on our website.

Please register online (no charge) at MWLAX.com

Season: January 4 to May 31, 2017

Practices

Indoor at Off the Wall -Wednesday Night 8-10 pm

Jan 4, 11, 18, 25

Feb 1, 8, 15, 22

Outdoor practices TBD for dates and times based on team meeting/coaches input.

Schedule for Games

Will be out in January. Otherwise, schedule will be out to play in Des Moines, Columbia, MO, NW Arkansas and maybe a playdate in KC. League is new and we are working to get games set in November. We will play 2 league games per local teams and will look for outside teams to play.

Costs to Play

We're starting this team from scratch and there are several costs in starting up a team. Omaha Lacrosse will help with storage of equipment for the first year and loan some equipment as well. The goal of the team is to be self-reliant by year two. We will need parents to step up to build this program.

Player Cost

\$350 per player – Will be less if we can fundraise.

Fundraising Options*

We will need a team of parents to find fundraising/sponsorship ideas. Would like to raise \$3000+ for season. OLC is at 501c3 and if parents have businesses and would like to donate to MW Girls Lax it could be a tax write-off.

Team Expenses:

Indoor Time	\$2600
Official Play Fees	\$2500
State Championship	\$700
Field Lining	\$800
Uniforms	\$1000
Practice Jersey	\$500
Balls/Other Equip	\$500
Goalie Gear	\$400
Goals	\$1000
Expense Total	\$10,000

Individual Expenses

Stick
Goggles
Cleats
Mouth guard
Socks
US Lacrosse Membership \$35 for a year
School Activity Fee \$60
Physical
Spirit wear (Optional)
Restringing of Lacrosse Head (Optional)
Team Bags (Optional)

Payment Dates

- November 1- \$150 (Uniforms/Practice Jerseys)
- December 1- \$100 (Indoor Time)
- January 1- \$100 (Goalie Gear/Balls and other expenses)

Summer

MW Girls Lax team will host a summer youth camp for a fundraiser for the team. Stay tuned for details.