

# Irondequoit Youth Lacrosse



## Announcing Girls Indoor Sessions

**New & Experienced  
Players Welcome!**

**WHO:** Girls K – 6<sup>th</sup> grade (2016-2017 school year)

**WHERE:** All Star Sports, 557 E Ridge Rd, Rochester, NY 14621

**SESSION DATES:** 11/1, 11/8, 11/15, 11/22, 11/29, 12/6, 12/13,  
12/20, 12/27

**START TIMES:**

- 5:30 – Developmental (All Grades) & K – 2<sup>nd</sup> grade (Clinic & Fun Games)
- 6:30 – 3<sup>rd</sup> & 4<sup>th</sup> grade (Pick Up Games)
- 7:30 – 5<sup>th</sup> & 6<sup>th</sup> grade (Pick Up Games)

**EQUIPMENT:** Stick, Goggles, Water Bottle & Mouth Guard

**New players – equipment is available to borrow**

**Register today at**  
[www.irondequoitlacrosse.com](http://www.irondequoitlacrosse.com)



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**New & Experienced  
Players Welcome!**

**WHO:** Boys K – 6<sup>th</sup> grade (2016-2017 school year)

**WHERE:** All Star Sports, 557 E Ridge Rd, Rochester, NY 14621

**SESSION DATES:** 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28

**START TIMES:**

- 5:30 – Developmental (All Grades) & K – 2<sup>nd</sup> grade (Clinic & Fun Games)
- 6:30 – 3<sup>rd</sup> & 4<sup>th</sup> grade (Pick Up Games)
- 7:30 – 5<sup>th</sup> & 6<sup>th</sup> grade (Pick Up Games)

**EQUIPMENT:** Men's Lacrosse Stick, Lacrosse Helmet, Gloves, Arm Pads, Shoulder Pads, Cup, Mouth Guard & Water Bottle

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