

# **Girls Youth Lacrosse**

## **Summit Knights**

### **5<sup>th</sup> - 6<sup>th</sup> grade**

**Eligibility- 5<sup>th</sup> and 6<sup>th</sup> Grade Girls. Eligibility is not limited to Summit students. Athletes from neighboring schools may be asked to join the team if there are roster openings.**

**Background- This will be the 2<sup>nd</sup> year for the Summit to field a Girls Youth Lacrosse Team. The Summit Youth team is considered a 'club' team. Youth lacrosse is, first and foremost, developmental.**

**About Youth Lacrosse- The focus of the program is on teaching solid fundamentals to fully prepare players for Middle School and beyond. Skills, abilities and experience levels are very diverse at this level. No previous experience is necessary to join the team. The only requirement for success is a desire to learn, have fun and be part of a team.**

**Season/Practices/Games- The youth season will begin with practices March 1<sup>st</sup>. there will be 10 games beginning approx. March 21<sup>st</sup>. Schedules will be finalized the end of January. Games will be on Saturdays at fields throughout the Cincinnati Area. Practices will be held at Summit. We hope to practice Mondays and Wednesdays 5:30-6:45, weather permitting. We are planning several clinics in January and February.**

**Equipment\*\*.** Players must supply their own equipment: a stick (girl's crosse), protective goggles (specific to lacrosse), and a colored mouth guard.

**Cost\*\*.** The fee will be \$125, which will cover league costs and uniforms (jerseys and skirts).

Each player must also be a member of US Lacrosse. Cost \$25.00 /year  
Please enroll your child in US Lacrosse [www.uslacrosse.org](http://www.uslacrosse.org)

**Registration- Registration forms can be downloaded on the Summit Athletic website. Deadline for Registration - Friday, December 18<sup>th</sup>**

**Please complete the following and turn into Mrs. Wilhelm**

- **Registration Form**
- **Release Form**
- **Emergency Medical Form**
- **Codes of Conduct (Player and Parent)**
- **US Lacrosse Registration [www.uslacrosse.org](http://www.uslacrosse.org)**

**Coaches- Head Coach Sam Adams**

Sam was a defensive player for Mount Notre Dame

Assistant Coach - SCDS 2006, 2007

Head JV Coach - SCDS 2008

5<sup>th</sup>/6<sup>th</sup> grade Coach - 2009

Commissioner/Asst. Coach Amy Russert

Lacrosse Referee 2008, 2009

5<sup>th</sup>/6<sup>th</sup> grade Coach -2009

[azrussert@totalprosource.com](mailto:azrussert@totalprosource.com)

**\*\* Equipment: girl's crosse (stick and head), goggles and mouth guard**

Can be bought at several local stores Please contact me if you have any questions

Play-It Again Sports

Laxland [www.laxland.com](http://www.laxland.com)

Celtic Lacrosse [www.celticlacrosse.com](http://www.celticlacrosse.com)

Dicks Sporting Goods