

Western Springs Lacrosse 20th year teaching youth lacrosse

Website: www.wsprings.com/lacrosse

Registration is open now for fall/winter programs

See program info below.

House & Travel League Programs, Girls & Boys,
Beginners & advanced players in grades K – 8th

- Register online at <https://recregistration.wsprings.com> or
- [Registration form](#) on www.wsprings.com/lacrosse . Return form to: Western Springs Recreation Center, 1500 Walker Street, Western Springs, 60558
- Fax to 708-246-1309

Registration is open to all including Western Springs, Hinsdale, Lagrange, LagrangePark, Countryside, Riverside, Brookfield, North Riverside, Clarendon Hills, Burr Ridge, Oak Brook, Pleasantdale, Willowbrook, Downers Grove and all surrounding areas.

Questions or info? www.wsprings.com/lacrosse, call 708-246-9070 or

Email mthuma@wsprings.com for boys travel programs

Email kletten@wsprings.com for boys house programs & girls programs

BOYS FALL HOUSE 2018

INTRO TO LACROSSE

Grade: Kindergarten- 2nd grade (Under 6 yrs of age, parent must stay on field with child)
Day/Dates: Sundays, September 9-October 21
Times: 12:00-1:15pm
Location: Lyons Township HS South Campus
Fee: \$90.00 R/NR
Instructors: Spring League Coaches/College/High School
Min/Max: 10/40
Code 520245 A

REQUIRED EQUIPMENT: Kindergarten-2nd grade will use a soft ball. Bring your own stick (see stick requirement below or we have sticks available. All other equipment is optional.
STICK REQUIREMENT – STX Boys Stallion 50 Lacrosse Stick \$29.99 at Dicks or equivalent.
Use Dicks everyday coupon on website www.wsprings.com/lacrosse for 10 % off.

Fall outdoors - Beginners & experienced 3rd – 8th grade

Focus will be on learning lacrosse skills in offense, defense and game strategies. Emphasis in scrimmages will be on skill development, teamwork, and sportsmanship.

Day/Dates: Sundays, September 9-October 21
Times: 1:30-3:00pm
Location: Lyons Township HS South Campus
Fee: \$125.00 R/NR
Instructors: Spring League Coaches/College/High School
Min/Max: 10/40
Code 520245 B
Grades 3rd-4th grades

520245 C 5th-6th grades
520245 D 7th-8th grades

REQUIRED EQUIPMENT: 3rd thru 8th grade: Lacrosse stick, mouthpiece, lacrosse or hockey helmet with face guard; shoulder pads, elbow pads, lacrosse gloves, and cup.

STICK REQUIREMENT – STX Boys Stallion 50 Lacrosse Stick \$29.99 at Dicks or equivalent.

Use Dicks everyday coupon on website www.wsprings.com/lacrosse for 10 % off.

Winter indoors - Beginners & experienced K – 8th grade

Day/Dates: Sundays, November 4-December 16 (No class 11/25)

Times: 1:00-2:30pm

Location: Westmont Yard

Fee: \$170.00 R/NR

Instructors: Spring League Coaches/College/High School

Min/Max: 20/40

Code: Grade/Age

620245 A K – 4th grade

620245 B 5th – 8th grade

REQUIRED EQUIPMENT: K thru 8th grade: Lacrosse stick, mouthpiece, lacrosse or hockey helmet with face guard; shoulder pads, elbow pads, lacrosse gloves, and cup.

STICK REQUIREMENT – STX Boys Stallion 50 Lacrosse Stick \$29.99 at Dicks or equivalent.

Use Dicks everyday coupon on website www.wsprings.com/lacrosse for 10 % off.

GIRLS Fall 2018

The emphasis of this program is to develop the girl within the sport of lacrosse. The goals of the program are to understand the rules of lacrosse, active teamwork, sportsmanship, and foster personal development in a respectful environment led by positive coaching. All players will receive equal playing time.

PRESEASON CLINIC (REGISTER & PAY AT IGLAX.ORG)

Ages: 2nd-9th grades

Dates: Sunday, Aug 26

Locations: Katherine Legge Memorial Park, Hinsdale

Times: 1:00-2:30 pm

Fee: \$10.00

Instructor: IGLAX

Fall Girls Lacrosse Clinic (U6 Kindergarten)

Ready to start lacrosse? Join IGLA this fall for a weekly one hour clinic for the younger lacrosse player. The goals of this program are to introduce and develop basic skills for our youngest players using fun games and coaching techniques.

Dates: September 10-October 15

Day: Monday

Times: 5:30-6:30pm

Location: Springdale Park, Western Springs

Fee: \$130.00 R/NR

Instructor: IGLAX

Code 520621 E

Grade Kindergarten

Equipment: Sticks available or bring your own. No goggles or mouth guard required (soft ball is used).

Fall Girls Lacrosse League (1st–9th grade)

Pink & Purple Teams:

IGLA offers two levels of league play. Both are recreational, community lacrosse.

REGISTRATION IS A TWO-STEP PROCESS

1. Register and pay at the Western Springs Recreation Dept **AND**
2. Register at www.iglax.org

Dates: September 9-October 21

Days & Times: See below

Times: See below

Location: For games, see IGLAX.ORG

Practice: First practice for all levels: Sunday, September 9, from 1:00-2:30pm at Springdale Park, Western Springs

Instructor: IGLAX

Equipment: A stick, goggles, and mouth guard required.

League Uniform: IGLA pinny is required and may be purchased during registration at www.iglax.org.

PINK TEAMS

Fee: \$185.00 R/NR. Late Fee of \$20 after 8/31/2018.

Code	Grade	
520621 A	8U Pink	1st/2nd grade
520621 B	10U Pink	3rd/4th grade
520621 C	12U Pink	5th/6th grade
520621 D	14U Pink	7th/8th/9th grade

Practices & Games weekly

PURPLE TEAMS

Fee: \$285.00 R/NR. Late Fee \$20 after 8/31/2018.

Code	Grade	
520621 A1	U8 Purple	1st/2nd grade
520621 B1	U10 Purple	3rd/4th grade
520621 C1	U12 Purple	5th/6th grade
520621 D1	U14 Purple	7th/8th/9th grade

Practices (2x week) & Games weekly

GIRLS Winter Indoor Clinic

Indoor play is a different—but equally fun—experience from that of traditional outdoor lacrosse. The field is smaller and faster, and the walls are the boundaries. Indoor winter lacrosse is a perfect way to keep your skills intact between Fall and Spring, or to try the sport for the first time. IGLA Winter Camps & Clinics are designed for K – 8th graders of all experience levels.

Grades: Kindergarten-8th grade

Day/Time: Wednesdays, 6:00-7:00 pm

Location: Grand Ave Gym in Western Springs

Coaches: Illinois Girls Lacrosse Association

Fee: \$130.00 R/NR

Code: 520621 F

Dates: 11/7-12/19 (No class 11/21)

Contact kletten@wsprings.com for more info.

All dates, fees and information are subject to change