



**St. Albans
Lacrosse**

Winter Indoor Lacrosse

We will have 2-3 teams playing in the Champions Field House league in Rockville.

Background:

- Games are on Sunday afternoons. Games are 1-hour and will be at 1, 2, or 3 p.m. No practices.
- The league is open to STA lacrosse players in grades 9-12.
- Our teams will be mixed, and each team will play in the league's varsity division.
- First game is Sunday, Dec. 4; last game is Sunday, Feb. 10. 8 games total

Eligibility

- Participating in the winter league is not mandatory for STA players.
- Sign up only if you can commit to making the majority of games.
- This is an option for STA lacrosse players who are not competing interscholastically this winter (e.g. those doing conditioning or winter track). In the spring, we expect you to be committed to lacrosse and not to participate in other sports, so we want to have the same consistent approach in the winter.
- If you play a winter sport and want to play winter lacrosse, have a conversation with your parents and your winter coach. Sign up only if it is ok with those parties.

Registration

- You must sign up online by Tuesday, November 22, or the league cannot guarantee a spot for you with the St. Albans teams.
- 1) Go to www.championsfieldhouse.com/mlacrosse_events.shtml#leagues. (if that is too cumbersome, go to main Champions Field House page, click on Lacrosse, and you should be able to figure it out from there.)
- Make sure you put "St. Albans" in the team part of it
- Sign up & we will let you know which STA team you are on prior to the 1st game
- Cost is \$165 per player

****Please sign up by Tuesday, November 22!!!***

Players should see Coach Lester at school if there are any questions