

## Elevation Lacrosse Club

**Elevation Lacrosse Club** is a new Alexandria based Lacrosse Club that is focused on youth player development. Elevation Lacrosse started in September 2013 as a small U13 boys' team made up of Fort Hunt youth players that loved playing competitive lacrosse together. With commitment and hard work at their core, this band of brothers went on to qualify and play in several quarterfinal and semifinal games while winning a tournament championship. While Elevation is separate from Fort Hunt Youth Lacrosse, players are from FHYL and it is coached and managed by current or former Fort Hunt coaches. Given the positive response from the boys, their families, and our lacrosse community, Elevation Lacrosse is expanding in 2014 to field four total teams in three age divisions (U15, U13, U11).

**Goals and Philosophy:** Elevation was established to offer student-athletes an opportunity within a select team to develop individual skills while participating in a highly competitive team environment. The Elevation program goal is to provide a positive, motivating, and learning focused experience where every athlete can strive for their personal best. Our philosophy is that active participation on a competitive team combined with one of the area's best coaching staffs will provide student-athletes exposure to an advanced level of lacrosse while developing lifetime skills such as leadership, commitment, teamwork, and good sportsmanship.

**Advanced Training and Coaching:** Elevation runs a scripted and focused practice maximizing both individual skill and team development – we won't waste your child's or your valuable time. This advanced training approach allows our coaches to deliver the most effective individual training and team skills development program in the area. All of Elevation's coaching staff has experience coaching elite travel teams. We are well prepared and committed to provide our youth players the highest quality coaching. Practices typically occur either one or two days per week.

**Our Commitment to Players:** The Elevation program seeks to create teams at the youth level and is committed to keeping those teams together for several seasons as the players on each team develop skills and chemistry in a team environment – this approach is often underutilized in club lacrosse.

**Tournaments and League Games:** Elevation teams will be participating in up to five tournaments during the summer of 2014 (TBD soon). Tournaments are typically Saturdays and/or Sundays. We ask players to commit to a minimum of three weekend tournaments. Elevation teams also play in fall and winter leagues on Sundays to include the **Next Level Fall League** (Sep-Oct) as well as **Hogan's Indoor Lacrosse League** (Dec-Jan) plus several tournaments during Nov.

**Fees:** Elevation recognizes that club fees, not desire, are often a deterrent to player participation, therefore Elevation is committed to keeping club fees in check while offering a competitive lacrosse experience. Club fees are inclusive of coaching and uniforms to include: game jersey, shorts, and practice pinnie. Elevation does not charge a tryout fee. We ask players to commit to a minimum of three of the five summer tournaments our teams plan to schedule.

## Elevation Lacrosse Club

**Eligibility:** US Lacrosse boy's age divisions for fall 2013 thru summer 2014:

<b>Div</b>	<b>Birth Date</b>	<b>Grade 2013-2014</b>
U15	Sep 1, 1998 - Aug 31, 2000	Generally 7th & 8th.
U13	Sep 1, 2000 - Aug 31, 2002	Generally 5 <sup>th</sup> & 6 <sup>th</sup> .
U11	Sep 1, 2002 - Aug 31, 2004	Generally 3 <sup>rd</sup> & 4 <sup>th</sup> .

**Tryouts for Elevation Summer Teams:** Players should attend at least two free tryout sessions to be adequately evaluated.

**Sunday, May 11 @ Bryant Alternative Learning Ctr.**

U11: Noon – 1:30pm.

U13: 1:00 – 2:30pm.

U15: 2:00 – 3:30pm

**Tuesday, May 13 @ Fannon Field, Bishop Ireton High School.**

U11: 6:00 – 7:15pm.

U13: 6:45 – 8:00pm.

U15: 7:30pm – Dark.

**Sunday, May 18 @ George Washington Rec Ctr.**

U11: Noon – 1:30pm.

U13: 1:00 – 2:30pm.

U15: 2:00 – 3:30pm

Note: Elevation does not plan to field U9 teams at this time.

Visit [www.ElevationLax.org](http://www.ElevationLax.org) for additional information: eligibility, tournaments, leagues, fees, registration, and tryout times/locations. Email Elevation GM **Chris Smith** to acknowledge your son is interested in trying out for Elevation Lacrosse Club. Spots will fill fast!

Christopher M. Smith

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