

To our girls' NALAX Families,

Let the 2016 season begin! We will start indoor practices in March (on turf) at Home Grown Indoor Sports (400 Osgood Street); the schedule is posted below.

Indoor Schedule:

Please plan to arrive early to allow time for parking and for your child to put on equipment.

Sundays: March 6*, March 13, March 20, April 3

U9 Girls (grades 1-2) 5:00-6:00 pm

U11 Girls (grades 3-4) 6:00-7:00 pm

U13 Girls (grades 5-6) 7:00-8:00 pm

U15 Girls (grades 7-8) 8:00-9:00 pm

***On Sunday, March 6th the NAHS coaches and players will be running all practices.**

Thursday March 24:

U9 Girls (grades 1-2) 4:00-5:00 pm

U11 Girls (grades 3-4) 5:00-6:00 pm

U13 Girls (grades 5-6) 6:00-7:30 pm Select tryouts

U15 Girls (grades 7-8) 7:30-9:00 pm Select tryouts

Monday March 28:

U13 Girls (grades 5-6) 6:30-7:45 pm Select practice

U15 Girls (grades 7-8) 7:45-9:00 pm Select practice

Location:

Home Grown Indoor Sports, 400 Osgood Street, North Andover

** If parking is not available at HGIS, please use the DPW lot directly adjacent to HGIS. Do not create your own parking space at HGIS. Your children's safety is our priority.

Equipment Required:

- **Girls** - girls' lacrosse stick, girls' lacrosse goggles, mouth guard, cleats or sneakers.

Season Schedule:

As soon as the town fields are playable and the temperature warms up, practices move outdoors to a regular twice-a-week schedule. **Games will start on Sunday April 10.** Practice days and times have not been finalized. Teams will be assigned in late March and all participants will be contacted by their assigned coach at that time. Team requests cannot be taken; we will place siblings on the same team or the same color team to try to assist with scheduling.

Questions about the girls' program? Please email Brooke at nalaxvpg@nalax.net