



This brochure is designed to give you a better understanding of what we offer and what you can expect for the next 12 months! Please read the entire document.

Our Mission:

To develop a competitive girl's club lacrosse program in the North-West Suburbs of Philadelphia.

To create a positive learning environment that challenges players to continually improve.

We are dedicated to constantly teaching.

To develop well-rounded team players that will be an asset to their school teams and develop into college lacrosse players.

To assist players with college recruiting which includes an annual seminar.

Calendar:

August – Tryouts

September – November

- Practices – days and time depend on team – included in annual fee
- Tournaments – 2 or 3 – separate fee – typically between \$100-150/per player

December – March

- Indoor training at Christ Church of the Valley and 422 Sportsplex
- Monday, Tuesday and Wednesday
- Rotating schedule to give more players opportunity to participate

March – late May

- Play with your school or township team.
- Teams may have some Sunday night practices – included in annual fee

Late May – mid/late July -- MANDATORY SUMMER SEASON

- Team practices 2 nights per week
- Four weekend tournaments (Friday-Sunday)

Late July – Late August -- BREAK --- Enjoy a little time off!

Fees:

We have the lowest fees of any area club with paid coaches. Since we encourage multi-sport athletes we do not make the Fall tournaments mandatory and therefore they are paid for individually. Players and Coaches must have a current US Lacrosse membership.

Annual dues cover coach's salaries and travel expenses, fields, field maintenance, equipment.

Annual Team Fee:

- \$1100 – nonrefundable \$300 deposit plus two payments of \$400 each.

Uniform: Included in team fee

- New players receive
 - Two reversible jerseys
 - Shorts
 - Red Hoodie Sweatshirt with embroidered name on hood
 - Car Magnet
- Returning players receive
 - One item of their choice
 - Jersey, shorts, hoodie or sweatpants

Coaches:

- Coaches are well qualified and paid. A complete list of coaches is available on Dynamitelax.com under the Coaches tab.
- We have an extremely dedicated and talented staff. Many have been with the club since its inception. You will often see coaches from different teams at another team's games & practices.
- We have coaches from almost every school in the Pioneer Athletic Conference.
- Each team will have two coaches that will stay with a team for 3 or 4 years. We feel that players need to learn from different coaches throughout their playing career. Coaches specialize in either middle school or high school teams.
- Maureen Burger, Club Director, will float from team to team assisting at practices and tournaments.
- Goalkeepers receive an additional night of practice. We have three goalie coaches.
- Off Season events may be coached by any member of the coaching staff.

Player Expectations:

- Players are pushed to be the very best they can be. Middle School teams are taught High School level and above skills. High School teams are taught college level skills.
- Players are expected to attend all summer practices and tournaments and off season training whenever possible.
- Players are expected to be dedicated to the sport and their team. For a player to accelerate their growth they should also spend time practicing skills on their own.
- Players/Parents should be aware that we are developing an elite program. Although everyone will get considerable playing time at tournaments, it may not be equal and will be determined by coaches based on skill, position and commitment. Coaches will determine positions.
- All players will learn the skills required for each position but will most likely concentrate on one or two positions in games.

Teams:

- Teams are based on graduation year from high school.
- When the number of committed and talented players permits we will have two teams per grade. The teams will not be divided equally, however, some players may participate on both teams at tournaments.
- Black team is first team. Red team is second team.
- Some grades are overloaded with talent and when that happens we will add a third team.
 - Black will be the A team, White is A- and Red is B
- All teams are treated equally.
- 2025-26 players will be selected at tryouts and will be placed on either the black or red team before the start of the summer season. All off-season activities will include all players together.

Communication:

- All communication is via email.
- Each team has a team page with schedules and useful information.
- Players are expected to let a coach know if they are going to miss an event.
- Team members will be able to log in to the club website and access contact information for all members of their team. Instructions on how to use the website will be made available.

Spirit Wear:

- An online store will be available a few times throughout the year

Tentative Summer Tournaments: Once the schedule is complete it will be posted on each team's page.

- High School Teams – some require an overnight stay
 - Summer Genesis, Palmyra, PA– June 9-10 (2019 & 2021 Black)
 - Champions Cup, Richmond, VA – June 15-17
 - Summer Rise, West Chester, PA – June 16-17
 - Project 120, Lehigh University, PA – June 23-24
 - The Grind, West Chester, PA – July 7-8
 - Best of the Beach, Long Branch, NJ – July 14-15
 - The Surge, Frederica, DE – July 14-15
 - Capital Cup, Richmond, VA – July 20-22
- Middle School Teams – none require an overnight stay.
 - Summer Genesis, Palmyra, PA– June 9-10 (2022 Black)
 - Summer Rise, West Chester, PA – June 16-17
 - Lax Amplified, Hershey, PA – June 16-17
 - Project 120, Lehigh University, PA – June 22-23
 - The Grind, West Chester, PA – July 6-7
 - Laxpalooza, Bethlehem, PA – July 7-8
 - The Surge, Frederica, DE – July 13-14

Fall Tournaments:

- High School Teams – some require an overnight stay
 - The Watch, West Chester, PA– November 4 (2019)
 - Fall Lax for the Cure, Moorestown, NJ – November 12 (2019, 2020)
 - Prime Time Showcase, Bel Air, MD – November 4 (2021, 2022)
 - Mid-Atlantic Showcase, Owings Mills, MD – November 11-12 (2021)
 - Fall Round Up, West Chester, PA – October 22 (2021)
- Middle School Teams – none require an overnight stay
 - Prime Time Showcase, Bel Air, MD – November 4 (2022)
 - Next Generation, West Chester, PA – November 5 (2022, 2023, 2024, 2025-26)
 - Fall Round Up, West Chester, PA – October 21 (2022, 2023, 2024, 2025-26)
 - Brandywine Classic, Frederica, DE – October 29

What's Next!?!

- Team selections are made and roster spots are offered via email by August 25th or sooner.
- To accept the position, complete the online Team Registration and pay the \$300 non-refundable deposit.
- Receive a welcome email with next steps!