



# Winter Warm-Up

Indoor Girls 5v5 Lacrosse

## *Ocean View Sports Training Complex*

*438 Ocean View-Woodbine Rd (Rt. 550), Ocean View, NJ 08230*

Fridays, January 8, 2016 to February 12, 2016

6:00-7:15 pm                      5<sup>th</sup>/6<sup>th</sup> Grade

7:15-8:30 pm                      7<sup>th</sup>/8<sup>th</sup> Grade

*Please arrive ready-to-play 5-10 minutes early. 1<sup>st</sup> Game will start promptly.*

- ❖ All players register as individuals, and will be assigned to a team each week.
- ❖ Team composition changes weekly to reinforce team play.
- ❖ Format is small space, short field, encouraging passing accuracy, rapid decision-making, and optimum ball-touches.
- ❖ Games are 7 minutes, US Lacrosse Rules, modified checking. Plus a few additional rules to accommodate indoor space and to promote passing.
- ❖ All players must be members of US Lacrosse and have a minimum of one season's experience.

**Cost: \$60 per player. Players provide their own goggles, mouthguards, and sticks. Please wear sneakers with tread - no skate shoes.**

**Please return the Registration Form, Ocean View Sports Waiver, and a check for \$60 made out to Avalon Lacrosse to:**

**Kathy McNeil  
PO Box 1825  
Ocean City, NJ 08226**

Questions? [kathymcneil@jacksonsportstalk.com](mailto:kathymcneil@jacksonsportstalk.com) or call (609) 703-3947

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## Indoor Girls 5v5 Lacrosse Registration

Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

Address: \_\_\_\_\_  
Grade: \_\_\_\_\_

Phone: \_\_\_\_\_

Cell: \_\_\_\_\_

Email: \_\_\_\_\_

US Lacrosse #: \_\_\_\_\_

*US Lacrosse # look up at [www.uslacrosse.org](http://www.uslacrosse.org).*



***Space is limited! Registrations will be taken on a first come, first serve basis.***