

2017 WINTER/SPRING LAX GUIDE

CLUB LACROSSE:



Oregon Elite Lacrosse

Developing Oregon's top talent since 2003

Visit oregonelitelacrosse.com to learn all about us!

Our 2017 -18 info will be posted mid-January



Tenacityproject.org

Tenacity Info Session **January 10th, 6:30-8:30pm**

West Linn high school Auditorium

Tenacity 2017 Tryouts February 5th
West Linn High School
[Register HERE](#)

Times and age groups:
8am-10am 18/19s
10am-12pm 20/21
12-2pm 22/23/24



Lacrosse Northwest Rippers Informational Meeting:

When: January 5, 2017 - 7:00pm – 8:30pm

Where: Lake Oswego Parks and Recreation - Palisades Office

[1500 Greentree Rd. Lake Oswego, OR 97034](#)

Who: Returning and new families interested in learning more about Oregon's oldest club program. Will discuss the upcoming tryouts, next season's teams, coaches, travel season line-up, costs, and more!

Lacrosse Northwest Clinics:

Intermediate/Advanced Player Clinics

Who: Goalies and Field Payers with two years or more experience

Where: Lake Oswego High School

When: Saturday, January 28

MS and HS Goalies | 2pm—4pm

MS Field | 4:15pm—6:15pm

HS Field | 6:30—9:00pm

Cost:

\$45 general public

\$20 for participants registered for the 2017/2018 Season Girls' Rippers Tryouts. (Please see your e-mail for a discount code. If you have not received, or, have misplaced the e-mail, please e-mail

kelly.stevens@laxnw.com

Led by STICK WITH IT! and LaxNW Coaches

Advanced Coaches' Clinic

Who: Coaches with USL Level 1 Certification (Level 2 recommended)

Where: Bigfoot Lacrosse Indoor Fieldhouse

When: Friday, January 27

Goalie Training | 6:00pm—8:00pm

Field Training | 8:00 —10:00 pm

Cost:

\$25 (Food Provided)

\$10 discount if purchased with Coaches Field Clinic

Limited Scholarships available through The Douglas Foster Foundation.

Led by STICK WITH IT!

Link to register and more info: Register Here:

<http://www.laxnw.com/page/show/3012604-stick-with-it-intermediate-advanced-clinics>

Rippers Tryout Information

Date: January 29

Location: [Lakeridge Turf 1 Lake Oswego, OR](#)
Middle School (Graduating Classes 25/24/23/22)

Check-in: 1:20 PM

Tryouts: 2:00 PM - 4:00 PM

High School (Graduating Classes 21/20/19/18)

Check-in: 3:20 PM

Tryouts: 4:00 PM - 6:00 PM

Cost: \$30 (includes pennie)

Link to Register and more info:

<http://www.laxnw.com/page/show/2937773-laxnw-girls-rippers-2017-2018-season-general-information>

Girls Rippers Academy

The Rippers Academy is a new initiative for Lacrosse Northwest created to provide small group and individual training for the Portland Lacrosse Community.

The training will be offered at greatly reduced prices for our Rippers Travel Team players but is available to all Portland Metro area lacrosse players. The Academy will offer regular training sessions as well as special clinics throughout the year.

Email Kelly Stevens, Girls Program Coordinator at kelly.stevens@laxnw.com for more info.

Girls Rippers Academy Winter Classes:

Middle School Competitive Training:

What: High Speed, High Repetition Training Sessions to improve shooting, technique, stick work, IQ and agility. Players will work a circuit that includes field time, conditioning, agility training and wall ball. 18 player limit per session.

Who: 4th – 8th grade with one year of experience. Highly recommended for players interested in being a part of the Rippers Travel Teams

Where: Bigfoot Lacrosse Indoor Facility
9630 SW Tualatin-Sherwood Rd
Tualatin, OR 97062-7554

When:

Session 1: 4 classes (2/26, 3/5, 3/12, 3/19)

- 4th, 5th, 6th grade: 1:00pm-2:30pm*
- 7th and 8th grade: 2:30pm-4:00pm*

Session 2: 5 classes (4/2, 4/9, 4/23, 4/30, 5/7)

- 4th, 5th, 6th grade: 1:00pm-2:30pm*
- 7th and 8th grade: 2:30pm-4:00pm*

Cost:

Session 1: \$95 for Rippers players (17-18 season) and \$150 for non-rippers

Session 2: \$120 Rippers players (17-18 season) and \$190 for non-rippers



3d Oregon Jump Start Free Clinic

<https://3dlacrosse.com/signup/3d-jump-start-2017-clinic>

3d Oregon will be running a free skills clinic on January 21st to kick-start 2017. Come enjoy a free skills training session and experience our box/field methodology first-hand. This clinic is designed for players of all skill levels that are interested in possible select training, players looking to see what 3d is all about, and those who simply love playing the great game of lacrosse.

Training will be for graduation years 2018 through 2026.

LOCATION: Oregon Episcopal School

3d Oregon Summer Select Try-Outs

<https://3dlacrosse.com/signup/3d-oregon-girls-summer-2017-tryouts>

3d Oregon is thrilled to announce tryouts for our summer 2017 Girls Select Teams. We will be holding tryouts January 29th. Players are encouraged to come out for training with 3d Lacrosse and immerse themselves in a unique teaching and learning experience.

- Youth Girls: Graduation Years 2022, 2023, 2024, 2025, 2026
- High School Girls: Graduation Years 2019, 2020, 2021

LOCATION: Oregon Episcopal School

COLLEGE LACROSSE CLINICS/EVENTS:



Oregon Lacrosse 7v7 and Instructional Clinic

When: Saturday, February 18th

Time: 8am-2:30pm

[Find all info and link to register HERE](#)

Sunday, Feb. 19th: Oregon vs. Cal-Berkeley, Pape Field, 12pm



For the Love of the Game Clinic

Hosted by Linfield and George Fox
Women's Lacrosse Teams

When: Saturday, January 28th, 2017

Time: 9am-4pm

Grades: 3-12

Cost: \$70 per player

Location: Newberg, OR

Sign-Up Online at:

www.linfieldlacrosse.com

UofO Club Lacrosse Clinic

When: January 22nd, 2017

Time: 12pm-4pm

Cost: \$20 per player

Location: University of Oregon
(fields between REC Center and Hayward Field)

Waiver: http://safety.uoregon.edu/sites/safety1.uoregon.edu/files/uo_waiver_august_2016.pdf

More Info: oregonlacrosse coordinators@gmail.com