



## League Overview

### **Seniors: (13-16 years of age)**

- **League plays on Mondays and Wednesdays 6:30-8:30PM**
- **Season Starts with practices on 4/25**
- **Games begin 5/16**
- **4 teams of 14-15 girls**
- **Format always includes instruction but league is a competitive format**
- **Standings and playoffs are part of the league**