

## **Outline of spring 2016 girls U9 lacrosse program**

### ***Philosophy:***

We provide a positive, instruction-oriented program for girls both new to the sport and provide skill training to those who have played before.

We believe that lacrosse should be fun for the players, and provide a foundation for building character that will instill teamwork, discipline, integrity, sportsmanship and respect to other players, coaches and parents.

### ***Equipment:***

All practices - Sunday indoor and spring outdoor are "real" practices and players are expected to have all required equipment.

Link to our list of equipment:

<https://leagueathletics.com/Page.asp?n=11403&org=framinghamyouthlacrosse.org>

### ***Sunday Indoor Practices –March 6 to March 27 from 1 to 2:***

We will have four Sunday "indoor" sessions at Suburban Athletics starting March 6 and running through March 27 from 1 to 2.

### ***Spring 2016 – start/end dates t.b.d.:***

We coordinate field use with other programs but expect our spring season to start Saturday, April 2 at 8 a.m. at the Framingham High School Turf field (115 A Street – field is all the way around back). Weather permitting, we will run every Saturday except April 16 (first Sat of April vacation) and May 28<sup>th</sup> (Memorial Day).

All U9s will have practice on Saturdays.

Second Graders: this is our first year in the "Founders League" and our Second graders will have local games on Sundays. The schedule is in development and we will share details just as soon as they are available.

***We do not "close" our U9 program and welcome additional players!***