

GUILFORD WINTER LACROSSE 2009-2010

The winter lacrosse training and skill development program has been designed to provide players who do not play a winter sport at GHS with the opportunity to improve physically as athletes as well as increase their lacrosse skills/abilities. The program specifically involves weight training three times during the week (for players 10-12 grade) and twice during the week (9th graders) in the GHS weight room. Players will also be using both the GHS turf field and an indoor facility at Hamden (CFC Arena).

Players who choose to participate in the winter program will have the ability to be coached by local high school and college / university coaches and will also practice and compete against local programs (*Hamden & Branford*) at CFC Arena and will also play against other teams at GHS over the winter and early spring.

The program at CFC Arena will take place on Tuesday afternoons from 4-6pm. Players who need a ride need to report to the high school parking lot by the turf field at 3pm in order to carpool with volunteering parents or older players who have the ability to drive with passengers. If your parent is willing to volunteer to drive other players to Hamden that would be greatly appreciated and a huge help to other players who do not have a ride. The sessions at CFC require full equipment with a practice jersey and sneakers only, not cleats in the building.

(Please see the attached schedule for details regarding dates and times for the program).

**COST FOR THE ENTIRE WINTER PROGRAM (4 months) is \$100.00 per player.
PLEASE MAKE CHECKS PAYABLE TO: "GUILFORD NETMINDERS"**

TRYOUTS

If you are in grade 9-11 and are interested in playing summer lacrosse there are a number of programs that are currently holding tryouts for travel teams over the summer. This option is not required but recommended for players who have an interest in improving their abilities and increasing their chances of college recruitment. A list of local programs / clubs is below:

1. Bulldog Elite - <http://www.bulldoglacrosseclub.com/>
2. CT Whalers - <http://www.ctlacrosseclub.com/>
3. CT Cardinals - <http://ctcardinalslacrosse.com/site4.aspx>
4. CT Chargers - <http://www.ctchargers.com/>
5. Nutmeg - <http://www.nutmegcamps.com/>

Tryout dates vary from program to program and may be conflicting. Please ask Coach White for additional information.

TEAM GEAR

We will have an online store this year that will be open in January. Players are only required to buy a practice jersey. Any additional items are not required.