

## Issaquah Youth Lacrosse Parents & Players

IYL is very excited to offer a **Fall Lacrosse Program** for 5-8<sup>th</sup> grade boys from September 10<sup>th</sup> through November 7<sup>th</sup>. This is an off-season program that is focused on skill development, offering NEW players the opportunity to get a jump start for the Spring season and returning players the opportunity to continue to advance their skills. Although the emphasis is on individual and team skill development, there will be plenty of time to scrimmage, and there may be opportunities for games and/or tournaments for PEAK level players.

**Who:** The IYL Fall Program is for 5<sup>th</sup> – 8<sup>th</sup> Graders who are either new or returning players and who are eligible to play in Issaquah Youth Lacrosse or Mt. Si Youth Lacrosse. We would like to stress that the program is very focused on skill development so it is a great opportunity for a new player with no lacrosse experience to begin playing. We will be offering rental gear for those that do not have equipment – if you know of any potential IYL players that could be interested in our Fall Program please forward this to them.

**What:** Basic & Advanced Skills Development led by IYL's coaching director Mark Greenhall and the Issaquah & Syline Lacrosse Club's Varsity Head Coaches, Adam Kurtenbach & Brandon Fortier, along with some of their most accomplished players. We will also have guest coaching from area Washington Stealth Players, special Goalie instruction and will be including Strength, Agility & Quickness sessions from Kevin Chiles. There may also be an opportunity for PEAK level players to participate in a tournament or two.

**Where:** Central Park and other Issaquah & Sammamish Grass & Turf Fields.

**When:** Friday & Sunday\* Evenings September 10<sup>th</sup> through November 7<sup>th</sup> (off Halloween).

*Traditionally, IYL does not schedule activities on Sundays to respect those families who wish to save Sunday for a family day. Unfortunately, the lack of fields in the fall due to use by the traditional fall sports (football, soccer) leaves IYL no choice but to offer Sunday sessions in order to satisfy the demand for fall lacrosse among IYL members. These Sunday sessions, sometimes 5-7p and sometimes 7-9p, will be strictly optional. During the regular lacrosse season (spring), IYL will remain a Monday through Saturday program.*

**Why:** It is a great opportunity for NEW players to get a jump start for the Spring lacrosse season and for returning players to continue to develop their skills as they prepare for the Spring season.

**Cost:** \$150. Rental Gear will be available for \$50 for new players. REGISTER NOW at [www.issaquahyouthlacrosse.org](http://www.issaquahyouthlacrosse.org).

IYL is very excited to be providing a Fall Program for the first time at this age level, and to give our members every opportunity to develop as lacrosse players. We hope you can participate, REGISTER TODAY!