

# Headwaters Lacrosse

## K-2<sup>nd</sup> Boys

**Season:** March 20th - June 11th

**Philosophy:** All skill levels are welcome with a concentration on improving skills, building confidence on and off the field, instilling the importance of team, integrity and community, and nurturing a passion for the game as an in-house league.

**Format:** 7v7 or 4v4

**# teams:** 2

### Coaches:

Head Coach - Andy Germain [a.m.germain@gmail.com](mailto:a.m.germain@gmail.com)

Assistant Coach - Jeff Barrett [barrett27jb@gmail.com](mailto:barrett27jb@gmail.com)

### Game Schedule:

TBD Home Inter-squad scrimmages

6/10-11 Headwaters Classic

### Practice Schedule:

Indoor: March 21 & 28 @ Fairgrounds

Outdoor: as soon as weather allows at Oak Springs Park

Tuesdays: 6:30pm-8pm

Thursdays: 4:30pm-6pm



Download the SportsEngine app! All team communication is done through the app.



### Boy's Required Equipment

Boy's lacrosse stick, helmet - equipped with face mask, chin pad and a cupped four point chin strap fastened to all four hookups, must be worn by all players. High school players are required to have all white helmets. Any color of helmet is allowed at the youth level but for future planning, it's a good idea to purchase white with white trim. Mouthpiece, gloves, shoulder pads (ND200 approved), elbow pads, protective cup and Cleats.