

# Headwaters Lacrosse

## 3<sup>rd</sup>/4<sup>th</sup> Girls

**Season:** March 28<sup>th</sup> – June 12<sup>th</sup>

**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 a competitive MYLA program.

**Format:** 6 v 6 plus a goalie for MYLA games **and** 8 v 8 including goalie for non-MYLA games

**# Teams:** 1

**Coaches:** Head Coach Megan Moutaw [mmoutaw13@gmail.com](mailto:mmoutaw13@gmail.com)

### **Preliminary Game Schedule:**

***PLEASE ALWAYS REFER TO YOUR SPORTS ENGINE APP FOR UPDATED & ACCURATE GAME INFO***

4/8	Billings MYLA
4/15	Helena MYLA
4/22-23	Kalispell NW Lax Jamboree
4/29-4/30	Missoula Jamboree MYLA
5/6	Bozeman MYLA
5/13	Driggs
5/20	BYE
5/27	Off Memorial Weekend
6/10-11	Bozeman Headwaters Classic Jamboree

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**Preliminary Practice Schedule: Starts March 28th, 2x a week**

**Location:** 4 Points

**Days:** Tuesday + Thursdays, 5:30-7pm

**Tuesday, May 23rd** - Special High School and Youth Practice: all players at 4 Points Park

### **Girl's Equipment**

Required equipment – Girl's lacrosse stick, eyewear and mouthpiece.

**Headwater Lacrosse does not require helmets for girl's lacrosse.** We follow the MYLA and US Lacrosse girl's helmet policy. US Lacrosse women's rules allow for the **optional** use of headgear if it meets ASTM standard F3137. The purpose of this allowance is to acknowledge that while women's lacrosse is a relatively safe sport, the use of protective headgear is desired by some individuals. Headwaters will support you and your daughter if you decide to wear a helmet. It is our recommendation that if you choose to buy a helmet, the color is all white.