

Headwaters Lacrosse

K/2nd Girls

Season: April 3rd^t - June 12th

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: 7 v 7 or 4 v 4

teams: 1

Coaches:

Head Coach Michelle Barton: michelledechantbarton@gmail.com

Assistant Coach: Becky Vujovich

Game Schedule:

5/6 Home Inter-squad scrimmages

6/10-11 Headwaters Classic

PLEASE ALWAYS REFER TO YOUR SPORTS ENGINE APP FOR ACCURATE & UPDATED GAME SCHEDULES & LOCATION DETAILS.

Preliminary Practice Schedule: Starts (tentatively March 27th) 2x a week

Location: 4 Points

Days: Tuesdays and Thursdays, 4:30-5:30pm

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

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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.