

# BOYS INDOOR LACROSSE LEAGUE for 1<sup>st</sup>-6<sup>th</sup> Grade Boys at TAB RAMOS INDOOR SPORTS CENTER

October 30-December 18<sup>th</sup>



The league is directed by Coach Guastella from Holmdel High School and is in its 3<sup>rd</sup> year. This league is for boys currently in 1<sup>st</sup>-6<sup>th</sup> grade. Each session involves 20-25 minutes of instruction followed by a 40 minute game. The league is staffed by certified HS coaches

The goal of the league is to teach individual and team skills and strategies to help improve each participant's skill level, knowledge, and enjoyment of lacrosse.

We play indoors at Tab Ramos Sports Center in Aberdeen on a turf field. 1<sup>st</sup>-3<sup>rd</sup> graders play against each other as do 4<sup>th</sup>-6<sup>th</sup> graders. Each age group plays at a different time but should be back to back.

The league begins on Saturday, 10/30 and runs for 8 Saturdays to 12/18. Times are to be determined by the amount of participants but should be between 11am-2pm for planning purposes.

Full equipment needed: Helmet with mouth-guard, shoulder and arm pads, gloves, stick and cup. Hockey equipment can be used.

**LAST YEARS LEAGUE SOLD OUT SO PLEASE SIGN UP AS SOON AS POSSIBLE!!**

**FEE IS \$195. MAIL IN REGISTRATION FORM IS ON THE BACK**

Questions? Email Coach G at [guastella@comcast.net](mailto:guastella@comcast.net) or call 732 241 1914

Please visit [www.hooplax.com](http://www.hooplax.com) for additional lacrosse activities and information.