

# LACROSSE

**ACTION PACKED  
EXCITEMENT**

## **The Boys' Game**

**The field is 110 yds by 60 yds,  
goals inset from end lines  
permitting play behind the goal**

**End-to-end transitions in a  
matter of seconds**

**Full-contact sport, body  
checking from front and side,  
players wear helmet, shoulder  
pads, arm pads and gloves**

**Each team plays with 10 players  
on the field**

**Settled offense is 6 on 6 and is a  
cross between basketball and  
ice hockey**



## **The Girls' Game**

**A finesse game that involves  
cradling, dodging, passing,  
shooting, scoring, footwork,  
body positioning, off-ball  
movement and limited stick  
checking**

**Free flowing movement,  
quick transitions from end to  
end, play behind the goal**

**Each team consists of 11 field  
players and a goalie**

**Equipment for field players -  
stick and eye protection**

## **Off-season Developmental Opportunities to Play**

### Fall Indoor Instructional Lacrosse (Boys' Rules)

- At the Generation Sports Dome in Muncy
- Saturdays 11:00 a.m. to 1 p.m.  
Jan 23, 2010 to March 6, 2010
- Age-specific instruction and game play
- Open to boys and girls in grades 4 to 12
- Sign-up through LARA at [www.golara.org](http://www.golara.org) or  
call 570-524-4774



Central Susquehanna Lacrosse Club  
[www.cslax.org](http://www.cslax.org)



## Why lacrosse?

## Why now?

## Why not?

In the spring of 2009 lacrosse became a PIAA sanctioned SPRING sport for both boys and girls. The development of varsity programs in area high schools is expected to accelerate in the next few years. Youth programs starting throughout the Central Susquehanna Valley will be the feeder programs for these new varsity programs. Off-season developmental opportunities are listed inside this brochure.

If you want to initiate a program in your school or community, please contact the Central Susquehanna Lacrosse Club at 570-524-5894 or via e-mail message at [coach@cslax.org](mailto:coach@cslax.org). We can give you guidance, support, and limited financial assistance. We have been running lacrosse programs in the Valley for the past 10 years!

## Local Clubs and Contacts

**Central Susquehanna Middle School Team**  
(Snyder, Union, Northumberland Counties)  
Jim Youngman, Head Coach  
[jtyoungman@verizon.net](mailto:jtyoungman@verizon.net)

**Central Susquehanna Elementary School Team**  
(Snyder, Union, Northumberland Counties)  
Rick Toll, Head Coach  
[rctoll@ptd.net](mailto:rctoll@ptd.net)

**Centre Lacrosse** (Centre County/Bellefonte)  
Tom Scordato, President  
814- 353-1857  
<http://www.centrelax.com>

**Danville Lacrosse Club**  
Matt Gerdy, Coach  
[danvillelaxcoach@gmail.com](mailto:danvillelaxcoach@gmail.com)  
<http://cmlclax.com>

**Lewisburg HS Varsity Lacrosse**  
Chuck Knisely, Boys' Head Coach  
570-524-5894  
Mary Jane Milner, Girls' Head Coach  
570-847-3456

**Midd-West Girls' Lacrosse**  
Kathy Shellenberger, Organizer  
570-837-0355  
[bkshellenberger@verizon.net](mailto:bkshellenberger@verizon.net)

**Mifflinburg HS Lacrosse Club**  
Susan Chlebowski, Organizer  
[chleb@dejazzd.com](mailto:chleb@dejazzd.com)

**Milton Girls' HS Lacrosse**  
Liz Kubis, Head Coach  
[ehk003@bucknell.edu](mailto:ehk003@bucknell.edu)

**Selinsgrove Lacrosse Club**  
Tim Laubsher  
[timl@kellermarine.com](mailto:timl@kellermarine.com)

**State College HS Varsity Lacrosse**  
Ron Pavlechko, AD  
814-231-1143

# LACROSSE



**THE BEST KEPT  
SECRET IN THE  
VALLEY . . .**

# UNTIL NOW!



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