**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

**Off-season Developmental Opportunities to Play**
Fall Indoor Instructional Lacrosse (Boys’ Rules)

- At the Generation Sports Dome in Muncy
- Saturday mornings 8:00 to 10:00 a.m.
  Nov 1 to Dec 20, 2008
- 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

**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

Fall Competitive Lacrosse

- At the Sports Zone in Montandon
- Small field format (7 v. 7 or similar)
- Separate HS boys’ and HS girls’ leagues
- Organize your own team of 10 to 18 players and an adult manager
- Sundays from 5:00 to 8:00 p.m.
  Nov. 2 to Dec 21, 2008
- Open enrollment
- Call Sports Zone 570-473-2910 for information and to register

Central Susquehanna Lacrosse Club
[www.cslax.org](http://www.cslax.org)
Why lacrosse?  
Why now?  
Why not?

In the spring of 2009 lacrosse will be 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. We can give you guidance, support, and limited financial assistance. We have been running lacrosse programs in the Valley for the past 10 years!