

MARCH 2026



# Hampton Township Girls Lacrosse Club NEWSLETTER



## IMPORTANT DATES



Uniform Distribution:  
March 17<sup>th</sup> & 19<sup>th</sup>

First Game – 3/22

Team Photos:  
MARCH 31ST

HGL YOUTH NIGHT  
APRIL 28TH  
Fridley Field



## SPRING IS FOR STICKS IN HAND!

Longer days and warmer weather mean it's time to get outside and get better!  
Encourage your player to grab their stick and head outdoors whenever they can.

A few easy ways to stay sharp this spring:

- Wall Ball – Just 10–15 minutes a day makes a HUGE difference. Work both hands, quick sticks, and accuracy.
- Backyard Ground Balls – Toss one out and practice scooping through and accelerating away.
- Footwork & Agility – Ladder drills, cone shuffles, and short sprints build quickness.
- Neighborhood Jog or Family Run – Build endurance now so game days feel easier.
- Play Catch – Simple passing reps with a sibling, parent, or friend go a long way!

Little bits of effort add up. Consistency beats intensity and the more touches on the stick, the more confident they'll feel when the whistle blows!

Let's get outside and get better this spring