

WINTER 25/26



Hampton Township Girls Lacrosse Club

NEWSLETTER



IMPORTANT DATES

REGULAR REGISTRATION
NOW OPEN

11/20-12/14

Hamptongirlslacrosse.com

Bring a Buddy Dates

12/9 & 12/11

1st week of practices are drop
in : want to check out LAX?

Come practice for free!



WINTER CONDITIONING

Winter conditioning is where the spring season starts!

Training indoors gives our athletes the perfect space to build strength, sharpen stick skills, improve footwork, and boost confidence before we ever step onto the field.

By putting in the work now, our girls hit spring faster, stronger, and more game-ready than ever.

LET'S GET MOVING!



FALL 2025



Hampton Township Girls Lacrosse Club

NEWSLETTER



IMPORTANT DATES

TALBOT TAILGATE
TUTU PARTY:

SUNDAY SEPT. 14TH
1PM

ALL 12U/14U

TALBOT TAILGATE SIGN UPS

****PLEASE SIGN UP
ON THE EMAILED SIGNUP
GENIUS
FOR A VOLUNTEER SLOT.**

FALL CLINICS

🌟 Girls Lacrosse Clinics at Poff Elementary! 🌟

📣 Middle School Girls –
Join us on Oct 6, 20 & 27

learn the fundamentals, build your skills
and get ready for our high school teams.
Come check out the fastest growing sport
in America! 💪

📣 Elementary Girls –

Come play games, have fun, and learn the basics.
OUR GIRLS **LOVE** LACROSSE—
we'd love to show you why! 💜

MAY 2025



Hampton Township Girls Lacrosse Club

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IMPORTANT DATES

PLEASE HAVE GAMECHANGER ON FOR WEATHER REPORTS!

SATURDAY MAY 10TH
FRIDLEY FIELD
U14- 1 PM
U12- 2 PM
U8/U10 - 3PM

HAMPTON VS. PENN TRAF

*** SUNDAY MAY 18TH
TOURNAMENT
CHIPPEWA PARK**

U10/U14

End of Season
Banquet
June 3rd - Pavillion

NIKE SUMMER CLINICS

Nike Girls Lacrosse Camp at Saint Vincent College

2025 OVERVIEW - CAMP

- Dates: July 7-10
- Age Group: 10-18
- Gender: Girls
- Camp Type: Overnight, Extended Day (commuter)
- Overnight campers. Lunch and dinner are provided for all Extended Day (commuter) campers.
- Program: The Skills program is designed to provide campers the fundamental skills, position specific training and in-game tactical knowledge needed to enhance your game.

<https://www.ussportscamps.com/lacrosse/nike/nike-girls-lacrosse-camp-at-saint-vincent-college>



APRIL 2025



Hampton Township Girls Lacrosse Club NEWSLETTER



IMPORTANT DATES

PLEASE HAVE GAMECHANGER
ON FOR WEATHER REPORTS!

SATURDAY APRIL 12TH
FRIDLEY FIELD
U8 - 12:30PM
U12- 1:30PM
U14- 2:30PM

HAMPTON VS. NORWIN

****SUNDAY APRIL 13TH
CANCELLED AGAINST
PENN TRAFFORD****

TUESDAY APRIL 22ND
U12-AWAY 6PM
U14-AWAY 7PM

SATURDAY APRIL 26TH
U8- 12:30
U10-1:30
U12-2:30
U14-3:30

**FRIDLEY FIELD
HAMPTON VS. NORTH HILLS**

SPRING SEASON HAS SPRUNG

A MESSAGE TO OUR TEAM PARENTS:

we encourage you to support your daughters in sharpening their stick skills at home! Whether it's cradling, ground balls, or wall ball every bit of practice counts.

If a wall isn't available, bouncing the ball off the ground is a great alternative.

Need a ball? We're happy to lend one!

Remember, you are your daughter's biggest cheerleaders.

Your encouragement goes a long way in helping her grow into a strong, confident player both on and off the field.

Keep cheering her on!



MARCH 2025



Hampton Township Girls Lacrosse Club

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IMPORTANT DATES

**SPIRIT WEAR SALE
RUNNING THROUGH
MARCH 7TH**

**MARCH 8TH
PITT WOMENS LACROSSE
GAME TIME 12PM
HIGHMARK STADIUM**

**MARCH 9TH
PISA PRACTICE
11-12:30**

**MARCH MADNESS
TOURNAMENT
3/16**

****FIRST GAME 3/29 ****



**Pitt Lacrosse Youth Clinic
05/31/2025. \$84.00**

**Pitt Lacrosse Middle School Clinic
05/31/2025 \$132.00**

**Pitt Lacrosse Two-Day Middle School Camp
07/15/2025 - 07/16/2025 \$289.00**

**Pitt Lacrosse Two-Day Elite Camp
07/16/2025 - 07/17/2025 \$457.00**

<https://www.pittlacrosseecamp.com/>



FEBRUARY 2025



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IMPORTANT DATES

- WINTER CONDITIONING @ POFF GYM is on going!

8U-10U Tues/Thurs 5-6PM

12U/14U Tues 6-7PM
Thurs 5-7PM

****EVERYONE MUST BE REGISTERED TO ATTEND PRACTICES****

- February 6th, FIELD TRIP!
PISA 5:15 HAMPTON VS. HEMPFIELD

**BRING A BUDDY DAY
FEBRUARY 18TH
5-7PM**

Why Your Child Should Fall in Love with Lacrosse

At its core, girls lacrosse is a sport that offers challenge, excitement, and community. Whether your child is an experienced athlete or just getting started, lacrosse provides endless opportunities for growth, learning, and connection. It's a sport that combines athleticism with creativity, allowing players to express themselves in new ways every time they step on the field.

So, what are you waiting for? Get your child started in lacrosse today! With the sport's explosive growth, increasing opportunities, and powerful impact on young athletes, there's no better time to get involved.

We can't wait to see where lacrosse takes your family!

HTGLax

P.S. Don't forget to share this post with other parents—let's grow the girls lacrosse community together!



JANUARY 2025



Hampton Township Girls Lacrosse Club

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IMPORTANT DATES

- WINTER CONDITIONING @ POFF GYM HAS STARTED!
8U-10U Tues/Thurs 5-6PM
12U/14U Tues 6-7PM
Thurs 5-7PM
- PARENT MEETING @ PISA
JANUARY 11TH AT 10:30AM
- JANUARY 11TH & 25TH
PISA INDOOR CLINICS
10:30-12:30 PM
- BRING A BUDDY TO TRY
LAX TO ANY PRACTICE
THROUGH THE END OF
FEBRUARY

2025



Happy New Year!

🌟 Why You Should Try Girls Lacrosse in 2025! 🌟

Looking for a new challenge?

🏑 Girls lacrosse is one of the fastest-growing sports for women in the U.S., and now is the perfect time to get in on the action! 🌟

🌟 Why lacrosse?

Speed & Agility: A fast-paced game that keeps you on your toes!

💪 **Strength & Confidence:** Build physical power while gaining mental toughness!

👯 **Team Spirit:** Make lasting friendships and be part of an amazing community.

🎓 **Scholarships & Opportunities:** With lacrosse's rising popularity, more college scholarships are available than ever before!

DECEMBER 2024



Hampton Township Girls Lacrosse Club NEWSLETTER

IMPORTANT DATES

- WINTER CONDITIONING @ POFF GYM HAS STARTED!

8U-10U Tues/Thurs 5-6PM

12U/14U Tues 6-7PM
Thurs 5-7PM

- December 10, 12, 17, 18 – Jan 7 & 9th – DROP IN. BRING A FRIEND TO TRY LAX FOR FREE
- JANUARY 11TH & 25TH PISA INDOOR CLINICS 10:30-12:30 PM



WHY IS WINTER CONDITIONING IMPORTANT?

- Maintaining Fitness Level
- Building Mental Toughness
- Improving sport-specific SKILLS
- Building team Chemistry
- Preperation for Spring Season



MEET OUR COACHES!

Last Year our Organization was lucky enough to aquire a new coaching staff. Saige & Erica Greygor the dynamic Sister duo who have over 10 years combined of coaching behind them have been such a blessing to HTGLax. They are steadfast in teaching the fundamentals and finesse necessary for Hampton Girls Lacrosse to have a successful Spring 2025 Season.