

PONDEROSA HIGH SCHOOL BOYS LACROSSE | ANNUAL ACTIVITIES | 2022-23

Version 1

OPTIONAL OFFSEASON OPPORTUNITIES										REQUIRED ACTIVITIES				TOTAL
SUMMER			FALL			WINTER			COST	SPRING			COST	
JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB		MAR	APR	MAY		COST
DLC League												\$ 90	\$ 90	
		Back-To-School	DLC League									\$ 90	\$ 90	
				Tourney									\$ 85	\$ 85
													\$ 90	\$ 90
													\$ 95	\$ 95
Weekly Practice				Fall Camp					Weekly Practice			Free	Free	
LT Skill Sessions				LT Skill Sessions						LT Skill Sessions			Free	Free
				Strength & Conditioning					Strength & Conditioning			Varies	Varies	
												\$ 650	\$ 650	
												\$ 450	\$ 650	\$ 1,100
Equipment & Practice Uniform														
												200		
												100		
												50		
												100		
												80		
												90		
												\$ 620		

Notes

- [1] All costs are estimates. The program keeps costs as low as possible. Volunteers are always welcome to help with fundraising to keep costs low.
- [2] The estimated cost for the spring season is the sum of the district fee & booster fee.
- [3] All equipment is purchased by and owned by the player. The program does not provide equipment. Short term loaners are available for players new to the sport.
- [4] The program requires a black helmet. Orders are placed each fall at a significant discount to retail and the program usually has spares available for purchase.
- [5] Helmet decals are provided as part of the spring fees.
- [6] Game uniforms are loaned to players at no cost and owned by the program.
- [7] Practice uniforms are purchased every three years and owned by the player.
- [8] There are mandatory practices and games over spring break in March. Do not plan a vacation for spring break.