



# CHS Girls Lacrosse Club



@centennialgirlslacrosse



@CHSCougarsGLAX

## Fall Ball 2022

CHS Girls Lacrosse fall ball is open to all 9<sup>th</sup> -12<sup>th</sup> girls at CHS. For new players it is a great opportunity to try a new sport and for our return players it is a good time to strengthen their skills.

- **Dates:** Tuesdays and Thursdays from September 6, 2022 – November 17, 2022
- **Cost:** \$100 non-prorated & nonrefundable, payable by check or card.
- **Time:** Starts at 3:30 pm
- **Place:** CHS Practice Lacrosse field
- **Required to attend:** Completed Registration Form and active US Lacrosse Number

### Each player will need:

- 1) Stick
- 2) Goggles
- 3) Mouth guard (not white or clear)
- 4) Water bottle

### Recommended:

- 1) Cleats

For their protection, players will not be allowed to participate without their goggles or mouth guard  
The team will have a limited number of sticks and goggles available to borrow.

## 2023 Spring Season Information

- Registration Form, Final Forms, US Lacrosse Registration, and club fees are due prior to start of the Spring Season.
- Sports Physicals dated prior to 4/15/22 or before must get a new physical form completed before January 5, 2023.
- Parent and Team meeting will be scheduled to coincide with the start of the season. Time, Date, and Location will be emailed and posted on social media channels.
- The club fee for CHS Girls Lacrosse is payable by check or card and the amount will be determined and communicated at the Commitment Meeting. The fee is non-refundable and non-prorated.
- The Commitment Meeting date is TBD (October or November) and will be communicated via the CHS newsletter, social media, and Team Snap.
- In January and part of February, winter conditioning practices will be held at Fit One Five and CHS. This conditioning is mandatory. All players are expected to attend all training sessions. Training sessions are included in the cost of the season.
- Fulltime outdoor practice will begin on in February and will be every Monday – Thursday. A periodic change may occur however as much notice will be given as possible.
- All team communication will be sent through TeamSnap. Please download the app.

Mathew Bissinger	615-579-3228	<a href="mailto:cougarslaxgirls@gmail.com">cougarslaxgirls@gmail.com</a>
Claire Ong	516-314-6442	<a href="mailto:cougarslaxgirls@gmail.com">cougarslaxgirls@gmail.com</a>
Heather Doleshel		<a href="mailto:cougarslaxgirls@gmail.com">cougarslaxgirls@gmail.com</a>