

2010 LAX LOCKER



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7th Annual Spring Scottsdale Lacrosse Leagues April 18-May 23

Dear VIP Lacrosse Player and Lacrosse Parents

The Lax Locker and League Director Albin Haglund (NCAA & World Champion) are proud to announce their 7th Annual Youth Lacrosse Clinics and Leagues for Spring 2010 for Scottsdale. Last year our Spring Leagues attracted over 400 players (ages 6-18) in our 6th year. Lax Locker started all the K-5th leagues in Arizona 6 years ago.

The Lax Locker is committed in putting together the most impressive and best staff of local coaches. The Lax Locker staff of 25 coaches last fall & spring boasted over 300 years of combined lacrosse experience. This year will be no different. This is a phenomenal staff dedicated to young lacrosse players learning the proper fundamentals and respect for one of the greatest games on the planet.

Purpose: The Lax Locker promotes the great game of Lacrosse and simultaneously improves the skills and knowledge of every player in our clinics or leagues whether a first time participant or a seasoned veteran in the sport. Coaches emphasize fundamentals of the game but will stress sportsmanship, knowledge and respect for the game. Everyone is welcome regardless of ability! Albin Haglund—League Director

“New” for 2010

- Optional Practices are offered in 3 Age Divisions (K-8th).
- Lax Locker LaxFest Sun April 11 to Kick Off Season—Prizes, Contests Etc.
- K-8th grade play for FREE in our Saturday Chandler League (2 leagues for the price of one--All the lacrosse you want to handle).

2010 Format

All players are required to play every Sunday. “New” this year, all players can add 1 or 2 optional practices a week on Tuesdays and/or Thursdays (Site & Time TBA). Play once a week or 3x week—you choose!! Adding 1 practice a week (5 sessions) whether Tues or Thurs is only \$75 extra. Adding 2 practices a week (10 sessions) is only \$125 extra.

Sun April 11th Lax Locker Laxfest Kicks off Fall Season

“New” Interactive Skills Clinics, Contests, Prizes, Raffle 2-5pm

The past 6 years have seen some big names in collegiate and professional lacrosse attending our Sunday leagues and practices as guest instructors. Names such Casey Powell, Tillman Johnson, Trevor Tierney, Josh Sims, Kyle Harrison, Joe Walters, Sean Lindsay and our own former Arizona Sting Dan Dawson have visited for demonstrations and instruction. This year will be no exception. To kick-off our Fall Session, this first Sunday, Lax Locker is bringing all divisions and abilities together for a Fun Day of Lacrosse with some great clinics from some of these lax superstars.

- NCAA or MLL players on hand (“Guest Instructors” TBA)
- Fastest Shot & Accuracy Shot Competition (Prizes for all Divisions)
- Raffles for “New Gear” along with Stick Tricks & Stringing Clinics.

Lax Locker 7th Annual Spring Lacrosse Scottsdale Youth Instructional Leagues April 18—May 23 2010

4 Leagues (“A” & B” Divisions for 3-8th)

Chumash Instructional League (boys K-2nd)

Junior Guns Instructional League (boys 3rd-6th)---A & B Division for Spring

Middle Guns Instructional League (boys 6-8th)---A & B Division for Spring

High School Varsity Instructional League (boys 9-12th)



When

Chumash -1½ hr session Sun from 11:30am-1pm @ Mtn View Park

(K-2nd Grade)

6 weeks—April 18—May 23

Junior Guns League-2 hr session Sun from 1:15-3:15pm @ Mtn View Park

(3-6th Grade)

6 weeks—April 18--May 23

Middle League--2 hr session Sun from 3:45-5:45pm @ Mtn View Park

(6-8th Grade)

6 weeks—April 18—May 23

High School League—2 hr session Sun from 3:45-5:45pm @ Mtn View Park

(9th-12th Grade)

6 weeks -April 18—May 23

Where

All Sunday sessions are played at Mt View Park located 86th St. and Mt. View Rd in Scottsdale. The fields are located behind Cochise Elementary School.

All Tuesday &/Thursday optional practices. will be 2 hr Sessions (Site & Times TBA).

Equipment & US Lacrosse Membership Needed to Play!

All Leagues are full equipment leagues—each player must have stick, lacrosse helmet, shoulder pads, arm pads, gloves, mouthguard to participate. Discounted equipment Packages for League players are available at the Lax Locker Store at \$188 and up (Includes helmet, shoulder pads, arm pads & gloves). An athletic cup is recommended but not required.

New Players, see our Flyer regarding \$50 League discount & Equipment Packages

All League Players---US Lacrosse Membership Required to Play (K-12th grade)

All League players must be a current member of US Lacrosse to participate. Membership is \$25 per year for players K-8th, \$35 per year for High School Players. You can register easily on-line at www.uslacrosse.org. The Lax Locker will have to have confirmation by fax, e-mail, etc. in order for your child to participate. Please forward this info with your registration form in the box on the form.

New Players, please register for this and include on your registration form. Players with an established US Lacrosse number, please include with your expiration date. Lax Locker does not keep a file on US Lacrosse numbers. You can retrieve your number easily going to www.uslacrosse.org.

Any Comments, Questions, Concerns, please feel free to contact us at anytime!

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Phone: 480-951-3529 Fax: 480-998-5552

Albin Haglund (League Director) email: albin@laxlocker.com

2010 Spring Lacrosse Info April 18-May 23

Chumash League

Fee: \$179*

*Players can add optional practices Tues and/or Thurs for \$75/\$125

Eligible: Open to all K-2nd grade Boys

This introductory class/league is perfect for younger age children to begin their lacrosse career. This game known as Chumash lets the boys put on the pads in a smaller field environment. Every Sunday, a 35 min. clinic is provided followed by a 40 min. league games. Chumash stresses lacrosse fundamentals in a lacrosse game atmosphere. This is a great venue for the young beginner which will provide the needed fundamentals and game type situations. A truly fun experience!!

Eligible: Open to all 5-6th Grade Boys

Junior Instructional League

Fee: \$225

*Players can add optional practices Tues and/or Thurs for \$75/\$125

Eligible: Open to all 3-6th Grade Boys

(A Division—advanced/competitive, B Division –beginner/novice)

This will be our 7th Annual Spring Session. The league started with 4 teams in 2003. It was a huge success with both players and parents. This spring league will be divided into 2 Divisions as it is our most popular league, an “A” Division (advanced/competitive) and “B” Division (beginner/novice). This enables the experienced players to strive for more, meanwhile, our B Division opens it up for the new player to learn fundamentals and get playing time with players of their own ability. “B” League players can request to be with friends, teammates etc.

Each Sunday, both divisions are broken down into a 1 hr. of fundamentals practice followed by a 1 hr. league game. Our “once a week” format is perfect for boys to play lacrosse during the spring along with other activities. Each week players learn new drills and skills that they will use in league games. This league is noted for it’s excellent coaching led by Albin Haglund & the Lax Locker & Staff. A must league if your child wants to start and continue in lacrosse. All players get equal playing time! (Requires full equipment and US Lacrosse Membership, www.uslacrosse.org.)

This is our most popular league --- register early! The Spring session will close at a max of 128 player..

Players wishing to play “A” Division may be asked to take a skills test.

Middie Instructional League

Fee: \$225*

*Players can add optional practices Tues and/or Thurs for \$75/\$125

Eligible: Open to all current 6-8th grade boys

(A Division—advanced/competitive, B Division –beginner/novice)

This league is a must for all boys looking to gain more experience. Most players will be coming off their 2010 AYLL (Arizona Youth Lacrosse League) season. Players will run and execute fundamentals and drills for the first hour followed by a full hour of league lacrosse games. Practices are conducted just like a jr high practice session. The young player receives instruction from some of the best coaches around including from the AYLL on the Lax Locker staff. This is also an excellent venue for getting ready for Summer tournaments & Lax Locker’s Indoor Summer Session.. Last year, over 150 kids at this age group participated. This is a perfect venue for the beginner to pick up the sport and learn quickly and great for the AYLL player or advanced player to continue honing fundamentals and getting game time against other (beg.-adv.) players. Players will be placed in levels whether Beg., Nov. or Adv. GOALIES PLAY FOR FREE! 2 Divisions “A” & “B”

*(Optional Practices for K-8th)

*K-8th Once a week optional practice-Add \$75 (\$15 session)—For the players that can’t get enough—includes the above Sunday. session and 1 special practice session each week every Tues or Thurs, from 4:15pm-6:15pm. (Your choice--you can choose either day). (5 sessions Apr 20—May 20--You can mix and match any 5 sessions to fit your schedule).

*K-8th Twice a week optional practices-Add \$125 (\$12.50 session)---For those players that want even more lax—includes the above Sunday session, and 2 special practice sessions each week every Tues and Thurs from 4:15-6:15 pm. (10 sessions Apr 20-May 20). Coach Albin Haglund will be leading the practice sessions

Varsity Instructional League

Fee: \$225*

Eligible: Open to all 9th-12th Grade Boys (Beg/Novice League)

This league plays every Sunday for 2 hours. It is primarily for the young high school player (9th-11th JV player) that lacks practice and game situations. However, experienced and older players are welcome. You will experience a varsity-like practice atmosphere with game situations from the area's best coaches. Get your game ready for the upcoming High School Season. This league enables the player to get a jump start on the season. A must for the new and improving player who wants to compete at the high school level—take your game to the next level. GOALIES PLAY FOR FREE!

Deadline for all leagues is Thursday April 15th

FAQ

- Do you provide water at practices & clinics? Water was provided but due to the recent outbreak of Swine Flu, players must now bring their own water for practices or games.
- Will my son get proper coaching even if it is his first time playing lacrosse? The Lax Locker is known for its excellent coaching staff. This is the best league for all players whether a beginner or veteran. We recommend beginners take our "Intro to Lacrosse" Clinics before league play!
- Do you rent equipment at the Lax Locker? No, our introductory equipment packages along with "new player" discounts assure you of quality new merchandise for almost the same price you would pay for old or used equipment.
- Will my son get equal playing time in game situations? Yes, whether beginner or veteran, all coaches are instructed to give equal play time. Most kids want off the field (lot of running) before they want in (lots of substitution.)
- Can my son be on the same team with his friends? Yes, we generally can guarantee at least one player, however, multiple requests can not be promised but we will try to accommodate. It is also based on the player's ability level.
- How do I register? You can come by the Lax Locker store or you can simply mail, fax or e-mail the registration form in with payment info. We accept all major credit cards (MC, Visa, Amex, Dis). Unfortunately you cannot sign up directly on-line.
- How do you communicate information during the season? We almost entirely communicate through e-mail. (Very important you include all your e-mail addresses on your registration form neatly and accurately. We also make information available through our website www.laxlocker.com.)
- What happens if we miss a week or two due to vacation or illness? We have adequate players on the roster so no team is left shorthanded—there are no pro-rations or refunds of league fees. We have a NO REFUND policy!!
- What happens if my child is hurt or sick during the games? Each and every Sunday, we provide a First Aid Tent with a licensed EMT on duty for all injuries and sickness. EMT's are not available at weekday practices.
- Why do K-12th graders have to join U.S. Lacrosse? U.S Lacrosse is the governing body of most lacrosse leagues in the country. Our liability and certificate of Insurance is with US Lacrosse. Everyone must be a member before they can participate. This is true with the AYLL (Arizona Youth Lacrosse League) and all leagues in Arizona.
- Are parents, friends, relatives invited to watch drills, practices, games etc. Absolutely, we are very proud of our program and you are always welcome at all our sessions. All we ask is that you sit in designated areas for viewing and not interfere with coaches or players during the sessions.
- How many leagues does Lax Locker run per year? Four in all. Our biggest sessions are our Fall & Spring Leagues. We do have a winter session aimed mostly at the K-8th grade level. We also run an "Indoor session" during the summer months.
- Do I get any "discounts" on League Fees. Yes, "new" players that purchase a discounted equipment package from Lax Locker receive a 1 time \$50 discount off their league fee. Also, if you are a member of our "Locker Room Club", you can also receive a 5% discount on league fees. We also offer a \$25 discount for each multiple siblings participating at the same time. www.laxlocker.com