

## Equipment

Full equipment league (K-Adult)—each player must have stick, helmet, shoulder pads, arm pads, gloves, mouthguard to participate. Equipment Packages for League players are available at the Lax Locker Stores at \$199 and up (Includes helmet, shoulder pads, arm pads & gloves). An athletic cup is recommended but not required.

### All League Players require to have a current-US Lacrosse Membership

All League players must be a current member of US Lacrosse to participate. Membership is \$25 per year for players K-8<sup>th</sup>, \$35 per year for 9<sup>th</sup>-12<sup>th</sup>, & \$50 for Adult. You can register easily on-line at [www.uslacrosse.org](http://www.uslacrosse.org). The Lax Locker will have to have confirmation by fax, e-mail, etc. in order for a player to participate. **NO NUMBER—NO PLAY—NO EXCEPTIONS!!**

## 10 FAQ Indoor League

- Do you provide water at practices & games? No, the complex has a snack bar and water fountains available., No outside food or drink is allowed into the complex.
- Will my son get proper coaching even if it is his first time playing lacrosse? The Lax Locker and staff are known for it's excellent coaching staff. This is the best league for all players whether a beginner or veteran. All beginners should enroll in our 1 hr practice session from 5:30-6:30 or do our "Intro to Lacrosse" clinics.
- 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.
- Will my son get equal playing time? Yes, whether beginner or veteran, all players will get 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 will try and be granted but cannot be promised.
- How do I register? You can come by any one of our Lax Locker stores or you can simply mail , fax or e-mail (scan) the registration form in with payment info. We accept all major credit cards (MC, Visa, Amex, Dis).
- How do you communicate information during the season? We almost entirely communicate through e-mail. (Very important you include all your contact e-mail addresses on your registration form neatly and accurately. We also make information available through our website [www.laxlocker.com](http://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 prorations or refunds of league fees.
- What happens if my child is hurt or sick during the games? We have all emergency info on file and coordinate with Complex management & personnel in case of medical attention.