

## **2023 Keystone Fury Girls Rec Lacrosse**

Open to girls in the CDSD as well as surrounding districts that do not have programs.

**Who:** 1st-8th grade girls interested in joining a rec team to learn and play girls lacrosse.

**What:** Girls will have the opportunity to join a team with their peers to learn the skills of lacrosse while participating in organized practices, league games, and scheduled tournaments **\*No Experience Necessary\***

**Where:** Practices will be held at CDEHS. Some practices may be scheduled indoors at various locations. Games/Tournaments at various locations throughout the mid-state. Schedule to follow, based on grade level.

**When:** Practice: Mondays/Wednesdays 5:30-7:00 pm. (Additional Thursday practices will be added for preseason in March.) Games/Tournaments generally Saturday mornings/afternoons with occasional Sundays. Season will run roughly from the beginning of March to mid-May.

\*Our 5:30-7pm practice time allows girls to participate in other school sports!

**Equipment:** Each player is REQUIRED to bring a GIRL'S lacrosse stick, goggles, sneakers/cleats, and a mouth guard. *(Cleats are encouraged)*  
-Equipment can be purchased at Dick's Sporting Goods, or various online dealers such as Amazon, Ebay, or Facebook Marketplace.

**Registration:** Registrations can be done online at [2023 Season Registration](#)

(If you are viewing this on our website, please refer to the registration tab, this link will not work)

Prior to registration, each player must be a [registered member of US Lacrosse](#) for insurance reasons.

**Fee:** Non-refundable\* \$125 for all age groups

*(Fee includes: coaching fees, equipment, administrative fees, league fees, tournament fees, etc).*

### Questions:

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### Social Media:

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