

NORTHERN DUTCHESS BOYS YOUTH LACROSSE



UPCOMING PLAYING OPPORTUNITIES



2024 WINTER CLINICS

We will be offering an introductory clinic series for players in grades K-6 to focus on skill development and introducing new players to the game of lacrosse. Both new and returning players are welcome!

- Dates & Times: 6 Sessions on Sundays from 4:30-5:30 PM beginning on January 7th (1/7, 1/14, 1/21, 1/28, 2/4, 2/11)
- Location: Linden Avenue Middle School Gymnasium
- Cost: \$30 per player for all 6 sessions
- Required Equipment: Sticks only (Reach out to us if you need to borrow a stick)
- All participants are required to have a USA Lacrosse membership (\$30 annual membership cost)



2024 SPRING SEASON

K-2 Program

Our players in grades K-2 participate in practices once per week. Practices consist of non-contact drills and games to learn the fundamental skills of lacrosse.

- Dates & Times: 9 practice sessions on Wednesdays from 6-7 PM (First session 4/10/24, last session 6/5/24)
- Cost: \$50 per player
- Required Equipment: Sticks only (Reach out to us if you need to borrow a stick)

3-6 Program

Players in grades 3-6 are divided into a 3/4 and a 5/6 team. Both teams participate in practices once per week and play games against local teams on Saturdays.

- Dates & Times: 9 practice sessions on Wednesdays from 6-7:30 PM (First session 4/10/24, last session 6/5/24). Games on Saturdays starting on 4/27/24.
- Cost: \$170 per player
- Required Equipment: Boys' field player equipment per USA Lacrosse Required Equipment Guide (Scan QR code for details)

All Programs

- Practice Location: Red Hook High School
- \$20 early bird discount if registered by 2/10/24
- No experience necessary
- Register online (Scan QR code)

**CONTACT
DAN GALL**

@ dangall10@gmail.com

☎ (518)-944-0587

🌐 northerndutchesslax.com

**USA LACROSSE
EQUIPMENT GUIDE**

REGISTER ONLINE

