

## **Ankeny Thunder Lacrosse**

### **Fall Ball Begins Sept. 10, 2024 for Boys & Girls**

Fall ball is offered for new and returning players. Fall Ball is an opportunity to practice with your coaches and friends and keep a stick in your hand! The official lacrosse season begins early 2025.

Fall Ball practice will be held at Prairie Trail Elementary field unless otherwise notified

ONLINE REGISTRATION NOW OPEN at [www.ankenylax.com](http://www.ankenylax.com)

#### **New players:**

If you don't have your own equipment, we have some you can use during fall ball! Equipment can be checked out and used during the duration of Fall Ball. This is FREE to use, however, we do require a \$250 security deposit in the form of a check. When all equipment is turned in at the end of Fall Ball, you will receive your uncashed check back.

A waiver for all new players is required. If you registered online - you completed this step. If you must complete a paper copy. This can be signed the first time you come. Find us at the registration table by the trailer. No online registration - just come and register with us in person.

#### **Returning Players:**

Bring your gear, bring your friends, and bring your great attitudes! Masks are not required, but recommended if you choose to wear one. Current USA Lacrosse membership required.

#### **Fall Ball Schedule:**

**High School Boys (grades 9-12):** Tuesdays and Thursdays starting Sept. 10th. 6:00pm (coaches may adjust start and end times)

**High School Girls (grades 8-12):** Tuesdays at 6:00pm -7:30pm or dark starting Sept. 10th and Saturdays at 10:00am-11:30am starting Sept. 14th

**Youth Boys (grades 1-8):** Tuesdays at 6:00pm -7:30pm or dark starting Sept. 10th and Saturdays at 10:00am-11:30am starting Sept. 14th

**Youth Girls (grades 1-7):** Tuesdays at 6:00pm -7:30pm or dark starting Sept. 10th and Saturdays at 10:00am-11:30am starting Sept. 14th

**Fall Ball will end Saturday, October 12th at the LAX Play Day in WDM**

**High School teams may continue to practice past October. 12th**

## Frequently asked questions about Fall Ball:

### ***1 - Are there any games during Fall Ball?***

This Our teams usually participate in a one day game event in October. The games this day are a fun way to get the kids out playing other teams around the area. This game day is also used for training purposes for new lacrosse officials. Games have typically been held at the RecPlex in WDM.

### ***2 - If I can't make it to Fall Ball, can I still play in the Spring?***

ABSOLUTELY! Fall Ball is optional. We'd love to have players come to any or all of the practices, but understand if you cannot make it. Communicating your attendance with your coach is important. High School Boys may have different expectations for attendance.

### ***3 - What if I want to try it out, but don't have equipment?***

We have a rental program available for players who need equipment! This equipment belongs to the Club, but it can be used by the players in the following ways:

1 - **during Fall Ball, new players can use this equipment for FREE (security deposit required)** nA security deposit check for \$250 is required to check out the equipment. This will be returned to you once the gear is returned back to us at the end of Fall Ball.

2 - during our regular season, this equipment will be available to rent for the season. All equipment must be turned back in at the end of the season. We do strongly encourage players to purchase their own gear if they can.

### ***4 - Is there a cost for Fall Ball?***

Fall Ball is \$35

### ***5 - Where is Fall Ball practice located?***

We will be at Prairie Trail Elementary field unless otherwise notified. For those of you who have the "Remind" app and are signed up for notifications, we will send out info through this. We will also use Facebook and Instagram (and Email if we can)