

Girls 10 U Program: Spring Season (2020) Begins Mon, Feb. 24th and Ends Sat. May 30th



The 10U (3/4) girls program will consist of one team this year. The team will travel and compete with the Washington School Girls Association (WSLA) teams. The level of play will be focused on fundamentals and learning offensive and defensive roles, while having fun and improving lacrosse IQ. February 17th and 19th are Midwinter Break dates and we will have full club clinics these two days at Shoreline B. Practices begin Monday February 24th at Shoreline A/B Soccer field.

Girl's youth games begin March 21st and culminating with the of season league Jamboree is May 30th at Starfire Complex - Tukwilla.

Equipment:

All players are required to have a lacrosse stick, eye goggles, mouth guard and gloves. Players are not currently required by the league to wear a girls lacrosse helmet but it is encouraged. Shoreline Lacrosse has several beginners sticks, and goggles available if a player is not able to get one before practices start. We only allow goalies to use their own chest protection if it is on the list of NOCSAE ND200 equipment. By 2021 spring season Shoreline Lacrosse will enforce the NOCSAE ND200 compliant chest protection for all goalies. Loaner equipment is available on first come first serve basis and must be returned to the club when no longer needed. Players are encouraged to have there own backpack or equipment bag. Cleats or turf shoes should be worn for footwear and all players must have their own water bottle.

Uniforms:

Coaches will provide league approved jerseys to players before the game schedule begins. All players are required to wear black shorts for games. Black leggings may be worn under shorts for additional warmth. The team store has official "Shoreline Lacrosse" uniform shorts as well as sweatshirts, backpacks, beanies and socks. The team store closes on January 17th (for delivery prior to the start of games in march).

Practices & Games:

All practices will be posted and kept up to date at <http://shorelinelacrosse.org> and via the SportsEngine phone app. Roughly: Monday/Wednesday practices will be at Shoreline A/B at 5:00-6:30 PM beginning in March. Thursday practices will be at Ridgecrest Elementary at 5:00-6:30 PM. There will be a few alternate locations for practices later in the season, reminders will be sent when the location/time may need to be changed.

Shoreline Summer Tournament Team:

June represents our summer tournament season. The spring season fees for Shoreline Lacrosse do not include additional tournament registration for this reason we will organize a separate season. Summer tournament application will be based player/parent interest and specific tournaments will be determined early in the Season.