

Dear Braves Parents,

Welcome Back! What a great year 2017 was for Canandaigua Lacrosse. We had our boys playing in Philadelphia, Maryland, Central New York, 1000 Islands, and Niagara Falls! We represented Canandaigua well and were competitive at all levels.

This year the program enters a new era- Box Lacrosse! Coach York, the Booster Club, and the Canandaigua Lacrosse Community are committed to taking our program to the next level. We feel this bold approach of entering the Box will only strengthen who we are. Our box program will be a place that highlights and celebrates our grinder mentality. We know that Box Lacrosse will sharpen our sons' skills, toughen up our boys, and make us battle tested.

With that in mind, this spring we will run our Youth Canandaigua program in house with a hybrid of Field Lacrosse and Box Lacrosse development. No more weekly travel games with RALL. We will have 1 practice in the box, 1 on the field, and weekly games in the box culminating with playoffs and a championship at 3/4 and 5/6. Games will be against balanced teams selected by coaches within our program and will be in house. K/2 will play together two times per week with field and box training, small sided games, and athlete development drills. We will not play a RALL schedule, although we have flexibility to play other programs either in the box or field. The K-2 program will also have play dates with Fairport, Penn Yan, Penfield, and others.

Cost for Spring Session is \$145 for 3rd-6th grade and \$105 for K-2nd Grade.

Registration includes:

- Box Lacrosse Season
- Practices- 2 times per week with trained coaches
- Uniform including game/practice jersey and shorts (not a pinney)
- "The Shirt": Provided at the Canandaigua Lacrosse Kickoff March 10
- Equipment: Goals, Goalie Equipment, use of the Box, balls, training aids, medical supplies
- Referees
- Insurance

Please email myself, Coach York, or Karina Stanney if you would like financial assistance.

The program:

- 5th and 6th graders play together, graduating classes of 2024/2025
- 3rd and 4th graders play together, graduating classes of 2026/2027
- 1st and 2nd Graders play together, graduating class of 2028-2029
- Kindergarten depending on numbers will play separate or with the 1/2 graders
- Pre K: if there is enough interest, Saturday mornings for 45 minutes FREE
Open to 4 and 5 year olds. This will be a skills and drills session with fun and games. This opportunity is open to girls as well. We are still working out the details with the girls program.

Kickoff

Academy Gym Saturday, March 10 at 10am

- Equipment hand out/rental
- 2018 "The Shirt" will be handed out. You must be at the Kickoff to guarantee a shirt
- Program Picture
- Introduction to the program with Coach York
- Parent information with Coach Gioseffi

IMPORTANT DATES:

- Kickoff: March 10, 10:00 AM
- 3/4 and 5/6 First Practice: Monday, April 2 6:00-7:30 PM
- K-2 first practice: Monday, April 9 6:00-7:30 PM
- 1st Box Game April 20
- Cinco de Laxo Fundraiser: Saturday, May 5th at CenterPointe Golf Club
- Canandaigua Tournament: June 16
- Shootout for Soldiers: July 21-22

Important links are available on www.calacrosse.org

- Team Stores: Including helmet orders
- Program Schedules
- Modified, JV, and Varsity schedules
- Program Coaches information
- Shootout for Soldiers Link
- Instant communication from the Youth Director Gioseffi: Remind101 link
- Twitter: @BravesLaxK12
- Facebook: Canandaigua Braves Boys Youth Lacrosse

Go Braves,

Dave Gioseffi

Canandaigua Youth Lacrosse

Canandaigua JV Coach

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