



# ***Lightning Lacrosse***

- ❖ Purpose of the club: To further the skills of girls who love the game of lacrosse, Keep girls from CA playing together in order to build team chemistry. Club is open to girls currently in grades 5 & 6.
- ❖ Great alternative to Rochester club teams, keeping costs significantly lower and reduce travel times to practices.
- ❖ Coaches are typically girls who played lacrosse at CA and have played college ball. Varsity coach Sue Ellis is involved in recruiting the coaches.
- ❖ This is a club that will pick up after the CA youth season is over and typically runs the month of July with 2 practices a week and 2-4 tournaments over the summer.
- ❖ Club costs: \$175 per player with options to order FLL gear which can be partially subsidized by the enrollment fee. (In the past this included – personalized sweatshirt hoodies, shorts, practice shirt and reversible pinnie).
- ❖ Required enrollment in USA Lacrosse for tournament and insurance reasons. We will work to the best of our ability to avoid conflict with soccer and other sports.

If interested contact Andy Watson at: [awatson@ontarioarc.org](mailto:awatson@ontarioarc.org)

