

# FASTBREAK LAX GIRLS HIGH SCHOOL 7 ON 7 INDOOR LACROSSE PROGRAM

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## PROGRAM GENERAL INFORMATION 2011-12

Fastbreak Lax is pleased to present its eleventh season of indoor lacrosse for high school girls. Teams can be **SCHOOL ORIENTED** or **CLUB BASED** with four divisions of talent. The strongest teams will comprise the "A" division, the teams with average to above-average skills will make up the "AB" division, the teams with average skills will play at the "B" level, and the less-experienced teams will round out the "C" division. The coach and/or organizer will have a major role in deciding at which level her/his team will play. Since we have limited field time at Freestate Arena, it is important that your application and deposit be sent in to us as soon as possible.

**GAME SITE:** Freestate Indoor Sports Arena, 5811 Allender Rd, White Marsh, MD 21162. Arena phone is 410-335-6400. Visit their web site at [www.freestatesports.com](http://www.freestatesports.com).

**DIRECTIONS TO FREESTATE ARENA:** From the Baltimore Beltway (Interstate 695), take Exit 33 onto I 95 North (Kennedy Hwy). Get off at Exit 67A and proceed EAST onto Route 43 (White Marsh Blvd) about 2/3 mile to Route 40 EAST (Pulaski Hwy). Go about 1 1/2 miles EAST on Pulaski Hwy to Allender Rd (second traffic light) and turn left. The arena is 1/8 mile on your left.

**FEES:** The team fee is \$ 2,400 (same as last year's rate), which includes payments to referees, assigner, scorekeepers, trainer, arena field rental, 6 lax balls per team, game balls, and other Fastbreak Lax operating expenses. **TEAMS PROVIDE THEIR OWN JERSEYS AND TEAM EQUIPMENT.**

A **minimum deposit of \$ 500 is to be included with the team application** to hold a place for your team. The final balance of \$1900 is due by Tuesday, October 11<sup>th</sup>. **SEE TEAM APPLICATION FOR PAYMENT DETAILS.**

### GAME DATES 2011-12 (TENTATIVE)

DAY	DATE	EVENT
Saturday and / or Sunday	October 22 and/or 23	Practice (optional)
Saturday and / or Sunday	October 29 and / or 30	Games
Sunday	November 6	Games
Sunday	November 13	Games
Sunday	November 20	Games
Sunday	November 27	Games
Sunday	December 4	Games
Sunday	December 11	Games
Sunday	December 18	Games
Sunday	December 25	No Games - Christmas Holiday
Sunday	January 1, 2012	No Games - New Year Holiday
Sunday	January 8	Games
Sunday	January 15	Games
Sunday	January 22	Games
Sunday	January 30	Games

**BYES:** Each team will be scheduled for 1 practice and 10 games. There are 2 game dates during the season in which a team will not have games, which means that 2 byes will be worked into each team's schedule. The coaches and/or organizers will select 2 bye dates. **KEEP IN MIND THAT SEVERAL OUTDOOR LACROSSE TOURNAMENTS OCCUR DURING OCTOBER AND NOVEMBER**, and many of your players could be involved with these tournaments. Before choosing your 2 bye dates, try to find out if your players will participate in one or more of these outdoor tourneys. It is very difficult - if not impossible - to re-schedule any postponed games, so please check out your dates carefully.

**ADDITIONAL INFORMATION:**

1. Each player must complete a "**PLAYER PERMISSION FORM**" and give it to her coach before participating in any games. **COACHES** - All Player Permission Forms ( or copies of them ) must be given to the Program Commissioner before your team's first time on the field. If any players join your team later on, Fastbreak Lax must receive their permission forms before the girls can participate in any games.

**NOTE: Once your team roster is established in October 2011, players can not be added to your squad without permission from the league commissioner.**

2. This program is for high school girls who have played organized lacrosse. No beginners please.
3. **SPORTSMANSHIP IS EXPECTED OF PLAYERS, COACHES, AND SPECTATORS AT ALL TIMES.**
4. Two professional referees will call each game. Outdoor rules are employed when possible, and we use regulation lacrosse balls and 6' X 6' goals.
5. There is a certified trainer and paid score keeper at all games.
6. **NO ALCOHOLIC BEVERAGES** will be allowed at games by anyone.
7. Schedules and rule sheets will be given out at your team's practice in October. We will also post the schedule on our web site at [www.fastbreaklax.com](http://www.fastbreaklax.com).
8. Freestate Arena has a complete snack bar, vending machines, and restrooms
9. **COACHES / ORGANIZERS MEETING** will be held on in late September. You will be contacted about the meeting date, time, and location.
10. All players must wear safety goggles and mouth guards during games.

For questions or comments, contact Steve Burnham at 410-908-4567 or at 410-931-2331 or at [fastbreaklax@comcast.net](mailto:fastbreaklax@comcast.net).