

NORTHERN DUTCHESS YOUTH LACROSSE

UPCOMING PLAYING OPPORTUNITIES



2025 WINTER CLINICS

We will be offering an introductory clinic series for **boys and girls** players in grades K-6 to focus on skill development and introducing new players to the game of lacrosse. Both new and returning players are welcome!

- **Dates & Times:** 4 Sessions on Sundays from 3-4 PM beginning on February 2nd (2/2, 2/9, 2/16, 2/23).
- **Location:** Mirror Lake Retreat, 64 White Dr, Milan, NY 12571
 - Mirror Lake is an **indoor turf facility** located right here in Dutchess County.
- **Cost:** \$30 total for all 4 sessions
- **Required Equipment:** Sticks only (Reach out to us if you need to borrow a stick)
- All participants are required to have a USA Lacrosse membership (\$30 annual membership cost)

CONTACT

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NORTHERN DUTCHESS YOUTH LACROSSE



2025 SPRING SEASON

U8 Coed

Our U8 program is an in-house, sticks only, coed program. The purpose of this program is to introduce young players to the game of lacrosse and foster a love of the game.

Dates & Times: 11 practice sessions on Wednesdays from 6-7 PM (First session 4/2/2025, last session 6/11/2025)

Cost: \$50 per player

Required Equipment: Sticks only (Reach out to us if you need to borrow a stick)

U10 and U12 Boys

Players are divided into a U10 and U12 team. Both teams participate in practices once per week and play games against local teams on Saturdays.

- **Dates & Times:** 12 practice sessions on Wednesdays from 6-7:30 PM (First session 3/26/25, last session 6/11/24). Games on will be on Saturdays.
- **Cost:** \$170 per player - **\$20 early bird discount if registered by 2/9/25**
- **Required Equipment:** Boys' field player equipment per USA Lacrosse Required Equipment Guide (Scan QR code for details)

U12 Girls

This group emphasizes fundamental lacrosse skills, fosters teamwork, and aims to inspire a love of the game during weekly practices. Depending on the number of players registered, we may be able to schedule a game.

- **Dates & Times:** 12 practice sessions on Wednesdays from 6-7:30 PM (First session 3/26/25, last session 6/11/24).
- **Cost:** \$50 per player
- **Required Equipment:** Girls' field player equipment per USA Lacrosse Required Equipment Guide (Scan QR code for details). Reach out to us if you need to borrow a equipment.

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