

## MVAA SPRING 2011 Girls Lacrosse INFO Sheet

Welcome to the 2011 MVAA Girls Lacrosse program! Middletown Elementary and Middle School girls will compete on teams that participate in the Western Maryland Youth Lacrosse Conference (WMYLC – [www.wmylc.org](http://www.wmylc.org)). The season begins with practices the week of March 1st, with the first games beginning mid to late March.



There are typically 2 practices per week and we play a 10 game season (games on Sundays) that runs through the first week in June. U9 and U11 games are generally earlier in the day, with U13 and U15 games later in the afternoon. The league is competitive play vs teams from other Frederick, Carroll and Washington County towns. Score is not kept at the U9 level, and play is limited to 7 v 7 on a smaller field to promote instruction. U11, U13 & U15 scores are kept, and regulation 12 v 12 number of players are on a full field. The season ends with a Conference Festival/Play Day to be held Sunday June 5th.

### TEAMS & Age Groups

Note: WMYLC has new AGE GROUP REQUIREMENT for 2011.

U-9 Team: Player may not turn 9 prior to September 1, 2010 (typically 3rd grade and below to K)

U-11 Team: Player may not turn 11 prior to September 1, 2010 (typically 4th & 5th grade)

U-13 Team: Player may not turn 13 prior to September 1, 2010 (typically 6th & 7th grade)

U-15 Team: Player may not turn 15 prior to September 1, 2010 (typically 8th grade)

\*Participants can play up in age level, but no exceptions to play down.

### EQUIPMENT

Players will be responsible for providing their own stick, eyewear, mouthguard, and cleats. MVAA will provide uniforms (jersey and shorts) that will be loaned to players and returned at the end of the season. If your daughter needs a stick or eyewear, we can help direct you towards appropriate choices and suppliers. If you are interested, please contact Tom Karcewski at email address below.

The MVAA Lacrosse Sport fee is \$75 per player for the Spring season.

For other questions regarding girl's lacrosse, please contact Tom Karcewski at [ladyjax@comcast.net](mailto:ladyjax@comcast.net) or 301-371-0353. Thank you for your interest and the privilege to offer your child the opportunity to play lacrosse this Spring.

Sincerely,

Tom Karcewski  
MVAA Girls Lacrosse Coordinator

Mike Hallman  
MVAA Lacrosse Director