 **Rockwood Summit Lacrosse Club** 

**What is lacrosse?**

It’s a team sport that is played with a rubber ball and lacrosse stick that the players use to carry, pass, catch, and shoot. The object of the game is to get as many goals you can by shooting the ball into your opponents net. The ball is moved by passing the ball to teammates using the lacrosse stick.

**How is lacrosse similar to other sports?**

* Defensive and offensive strategies and style of play similar to Basketball
* Speed and endurance similar to Soccer
* Hand-eye coordination similar to Hockey
* Physical contact (for boys only) similar to Football. It’s a game of finesse for girls.

**Why should you play lacrosse?**

It’s always fun to learn a new sport and also a great way to meet new friends. No prior experience is needed. Our great coaches will teach you everything you need to know to be successful.

It keeps you in great shape and sharpens your skills for other sports.

**Who can play?**

Any 5th through 8th grader may play for the Rockwood Summit Lacrosse Club.

**What equipment is required?**

The boy’s game is a contact sport which will require the players to wear protective gear such as a cleats, helmet, gloves, shoulder pads, elbow pads, and mouth guard.

**When are practices and games?**

Practices begin in early March at Buder fields. Boys practices will be Tuesdays and Wednesdays. Games start in early April (Held at various Lou Fusz fields). The season will be over Mid-May. Each player will be responsible for their own transportation to and from practices/games.

**How do I sign-up?**

* Registration (including payment of the $235 club fee) is open now and can be completed at RSHSlax.com
* You will need to register with US lacrosse ($30 for a one-year membership) first before registering for the club.
* Codes of Conduct must also be completed and returned before you can practice.
* A $100 uniform deposit check is required. The check is destroyed once the uniform is returned.

**Who can I contact if I have questions?**

Christel Weyerich is the volunteer coordinator for the middle school teams: [christel.weyerich@gmail.com](mailto:christel.weyerich@gmail.com)