



# Mount Sinai Lacrosse



## Boys and Girls Winter Lacrosse Registration

Register On-line at [www.MountSinaiLacrosse.com](http://www.MountSinaiLacrosse.com)

On-line Registration:	Beginning September 20, 2009 and Ending October 31, 2009
Season start and end:	Starting in November and Ending in March

### **Boys Registration Fee: Grades 3-8 \$185 and K-2 \$155 per player.**

#### **Registration Includes:**

10 weekly sessions to be held at Southbay Sportsplex in Calverton to train in and/or organize scrimmages with other teams starting December 6, 2009 and ending February 28, 2010.

#### **Required Equipment**

Helmet, Mouthpiece (attached to helmet), Shoulder Pads, Arm Guards, Gloves, Cup and Stick (Southbay Sportsplex is a turf facility and is best played on with cleats. The School gym surfaces are best played in sneakers.)

#### **Any Questions or if you do not have access to a computer to register please contact:**

Bob Hagenberger - (631) 331-7445

email: [BHagenberger@MtSinaiLax.com](mailto:BHagenberger@MtSinaiLax.com)

### **Girls Registration Fee: Grades 3-8 \$135 per player for each session and K-2 \$50 per player**

#### **Registration Includes:**

Grades 3 thru 8 will participate in 2 league sessions with the first one starting the weekend of November 20<sup>th</sup> and the second session starting sometime in January. Players can participate in either session or both.

**Each session's registration fee is \$135.**

Grades K to 2 will participate in a series of fun clinics with drills and games with Mount Sinai varsity players and experienced coaches running the clinics. Advanced 2<sup>nd</sup> graders are eligible to play up with the 3<sup>rd</sup> graders. If you are interested in having your 2<sup>nd</sup> grade daughter play up please contact Peter VanMiddeltem to discuss this opportunity.

#### **Required Equipment**

Goggles, Mouthpiece and Stick (The surfaces at both In-Line and the School gym are best played in sneakers.)

#### **Any Questions or if you do not have access to a computer to register please contact:**

Peter VanMiddeltem - (631) 828-4467

email: [PVanMiddeltem@MtSinaiLax.com](mailto:PVanMiddeltem@MtSinaiLax.com)

### **Additional Practice Time in the School Gyms:**

Both boys and girls will also have additional practice time in either the Mount Sinai Elementary or Middle School gyms starting in November 2009 and continuing through March 2010. Complete schedules will be emailed to all registrants as soon as they are finalized.

### **On-Line Registration Process**

Visit our youth website at <http://www.MountSinaiLacrosse.com> click the "Register Online" button (in the lower left corner), login in and then complete the registration process. You can pay the registration fee by check or V/MC. The credit card process is completed right on the site. Should you choose to pay by check, please follow the directions supplied during the check out and mail your check payable to: Mount Sinai Lacrosse, PO Box 80, Mount Sinai, NY 11766

Please do **not** submit any payments to coaches. All payments should be mailed to the address above.

As always, Mount Sinai Lacrosse is looking for experienced coaches and parents to assist with league events and activities. If you are interested please contact Bob Hagenberger or Peter VanMiddeltem.