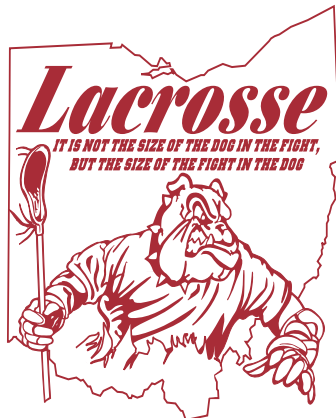


# LACROSSE DID YOU KNOW?

Lacrosse, considered to be America's first sport, was born of the North American Indian. The sport of lacrosse is a combination of basketball, soccer and hockey. Anyone can play lacrosse--the big or the small. The game requires and rewards coordination and agility, not brawn. Quickness and speed are two highly prized qualities in lacrosse.



An exhilarating sport, lacrosse is fast-paced and full of action. Long sprints up and down the field with abrupt starts and stops, precision passes and dodges are routine in men's and women's lacrosse. Lacrosse is played with a stick, the crosse, which must be mastered by the player to throw, catch, and scoop the ball.

Lacrosse is one of the fastest growing team sports in the United States. Youth participation in the sport has grown over 500% since 1999 to nearly 250,000. No sport has grown faster at the high school level over the last 10 years and there are now an estimated 200,000 high school players. Lacrosse is also the fastest-growing sport over the last six years at the NCAA level, and that's just the tip of the iceberg.

## MEET PEOPLE & MAKE NEW FRIENDS

Dayton Lacrosse players and coaches are from all over the Miami Valley. Here is a chance for players and parents to meet people and make new friends.

**\*\*\*2012 SEASON\*\*\*  
\*\*\*PRIORITY REGISTRATION\*\*\*  
ON-LINE: [WWW.DAYTONLACROSSE.ORG](http://WWW.DAYTONLACROSSE.ORG)  
STARTS: AUGUST 15, 2011 - END: OCTOBER 31, 2011  
(DUE TO REQUIRED GAME SCHEDULING PROCEDURES,  
IT IS IMPORTANT THAT YOU REGISTER BETWEEN THESE DATES)**



## BOYS

Youth (Grades K-6)

Middle School (Grades 7-8)

High School (Grades 9-12)

## GIRLS

Youth (Grades K-6)

Middle School (Grades 7-8)

High School (Grades 9-12)



**America's Fastest Growing Sport  
and  
Growing in the Miami Valley**

**Be Part of The Dayton Lacrosse Club...“DLC”**  
The first Lacrosse Program in the Miami Valley  
Established 2004

# DAYTON LACROSSE CLUB

For current information and contacts, please visit our web site

[WWW.DAYTONLACROSSE.ORG](http://WWW.DAYTONLACROSSE.ORG)

Or for specific questions, you may contact:

**John Reed**  
H: 937-395-1915  
[john.reed@dinslaw.com](mailto:john.reed@dinslaw.com)

**PJ Vore**  
H: 937-886-2581  
[pjx2@aol.com](mailto:pjx2@aol.com)

### Frequently Asked Questions

- 1. When does the season start:** We follow the guidelines of the Ohio High School Athletic Association (OHSAA) and we start clinics on weekends in January.
- 2. When does practice start:** Practice typically starts in February because games start in March. Many players participate in winter sports and transition over to lacrosse when their season is complete.
- 3. Where and when do you practice:** All teams practice at Action Sports Complex ([www.usactionsports.com](http://www.usactionsports.com)), 1103 Gateway Drive, Dayton, OH. Practice frequency, times, and days will be scheduled by the team coaches. Home games are also at this location.
- 4. What equipment is needed:** All boy participants will need a helmet, should pads, elbow pads, gloves, and a crosse (stick). All girl participants will need a stick, goggles, and gloves (optional).
- 5. Where can I get equipment:** The two closest locations to purchase lacrosse gear is Celtic Lacrosse in Springboro (Tel: 937-550-4742, Mon-Sat) and Dick's Sporting Goods. Celtic Lacrosse also offers a rental package of equipment for new players to try for a season rather than purchasing new items.
- 6. How much does it cost:** Registration fees vary with age. Fees are revised each season depending on a variety of costs (e.g. uniforms, US Lacrosse fees, referees, etc.). Registration costs typically range from \$150 - \$300.
- 7. How do I sign up:** Visit the Dayton Lacrosse web site to register on line. Registration will begin August 15 and end October 31. Register early - Registrations may be closed if the number of registrations exceeds the available resources.

### 2012 SEASON

### ON-LINE REGISTRATION

[www.daytonlacrosse.org](http://www.daytonlacrosse.org)

Priority Registration Starts: August 15, 2011

Boys High School (9-12): \$300.

Boys Middle School (7-8): \$250.00

Youth (3-6): \$200.00 Youth: (K-2): \$150.00

Girls (9-12): \$250.00 Girls (MS): \$225.00

Girls (3-6): \$200.00 Girls (K-2): \$150.00

Costs do not include the mandatory US Lacrosse membership, which is \$25-\$35 (Dependent on grade) and can be accomplished at [www.uslacrosse.org](http://www.uslacrosse.org)



### LACROSSE PLAYERS, COACHES, & FANS

We can always use experienced lacrosse players, coaches, and fans to help teach and coach. Even if you do not have a child playing lacrosse and love the game, please contact us through

[www.daytonlacrosse.org](http://www.daytonlacrosse.org)