

**Attention all VAA families!**

VAA is excited to announce a summer lacrosse program! Summer lacrosse is for boys and girls in three grade brackets: 3-4<sup>th</sup>, 5-6<sup>th</sup>, and 7-8<sup>th</sup>. The bracket you register for is based on your child's **current** grade.

**Registration is open online until April 12<sup>th</sup>** or in person at any spring lacrosse game, if a registration table is present. For online registration, go to [www.valleyathletics.org](http://www.valleyathletics.org). The registration fee is \$105 per player and includes a personalized jersey with matching shorts.

The summer lacrosse season will run from May 30 through July 15, with a possible playoff weekend July 21-23. The time commitment is roughly 2-3 times per week, just Monday through Thursday. **There will be no weekend, regular-season games or practices.**

Teams will play against same grade-level teams from Eagan, Lakeville, Burnsville, and Prior Lake/Savage.

Summer lacrosse will be played outside with “field” lacrosse rules. Each team will have ten players on the field at a time. For more information about rules and guidelines, visit [www.youthlaxmn.org](http://www.youthlaxmn.org). For long-time indoor lacrosse players, please note that a lacrosse helmet is MANDATORY – there will be no exceptions.

VAA's new summer lacrosse program is a great opportunity for new players to learn about the sport and for current players to continue with their skill development. We're looking forward to a great inaugural season!

For more information, email Chris Lorsung at [Chris.Lorsung@vaasports.org](mailto:Chris.Lorsung@vaasports.org).

\*\*\* Girls who are interested in playing summer lacrosse have two options. First, you can register for summer lacrosse as listed above. Or, you can contact Jenni Lorsung at [Jenni.Lorsung@vaasports.org](mailto:Jenni.Lorsung@vaasports.org) for more information about starting a girls' league. Girls' lacrosse is different from boys' lacrosse – rules, equipment, positions, etc. and is a Minnesota High School League-sanctioned sport.