



# TECH VALLEY BOX LACROSSE

The Capital Region's ONLY real youth BOX Lacrosse program!

## SUMMER BOX LAX

Finally a **real youth box lacrosse** league in the Capital Region! Our summer program will offer **8 games** and optional practice opportunities for kids to learn and develop box lacrosse skills.

### REGISTRATIONS ACCEPTED THROUGH MAY 25TH

REGISTER NOW AT [WWW.TECHVALLEYBOXLAX.COM](http://WWW.TECHVALLEYBOXLAX.COM)

**WHEN:** LEAGUE PLAY BEGINS IN **EARLY JUNE** AND ENDS IN **LATE JULY**

**AGE GROUPS:** **8U** (8 and under), **10U** (10 and under), **12U** (12 and under), **14U** (14 and under), **17U** (17 & under)

**COSTS:** \$130 per player includes Insurance, 8 games, and a jersey

**REGISTRATION:** Registrations are being accepted now through **May 25th (deadline)**. Register now at [www.techvalleyboxlax.com](http://www.techvalleyboxlax.com)

**WHERE DO WE PLAY:** Games will be played at local area ice rinks such as Albany Academy, Union College, and others near by.

**WHAT IS THE SCHEDULE LIKE:** Kids will play one game per week on Monday or Wednesday evenings. There will also be optional practice time available. League will begin with a rules clinic / practice to help players understand how box lacrosse differs from field lacrosse.

**EQUIPMENT:** Full equipment required (helmet, mouth guard, shoulder pads, arm guards, gloves, jock/cup, *Hard Shell Bicep pads, Hard shell rib/kidney pads*). **GOALIE EQUIPMENT** is provided by us for league use.

**WHY PLAY BOX LACROSSE:** For many reasons! It **ACCELERATES SKILL DEVELOPMENT**. The playing area is tighter so the **ball moves faster**. Passes and shots must be **more accurate**. Every player **touches the ball** more. **Positioning** in small spaces must be good to get open and defend. **Physical toughness** is developed as there is more contact in this game. Most importantly . . .because it is **FUN!!!**

More information /  
registration online:

[www.techvalleyboxlax.com](http://www.techvalleyboxlax.com)

Email / Call:

[techvalleylax@gmail.com](mailto:techvalleylax@gmail.com)

Eric Padelford

**518-588-6688**



Facebook / TechValleyBoxLax



This event is licensed by the Amateur Athletic Union of the U.S., Inc.

All participants must have a current AAU membership

AAU membership may not be included as part of the entry fee to the event.

AAU Youth Athlete membership must be obtained before the competition begins.

BE PREPARED! Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow at least 10 days for membership to be processed.

Participants are encouraged to visit the AAU web-site [www.ausports.org](http://www.ausports.org) to obtain their membership.

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"If I had my choice, I would have every player under the age of 12 play box lacrosse exclusively or at least a majority of the time. . . "

6X NCAA Championship Coach Bill Tierney, University of Denver



Breakaway Lacrosse is the official equipment and apparel sponsor of Tech Valley Lacrosse!

Visit **Breakaway Lacrosse** at **889 New Loudon Rd Latham, NY 12110** or call them at **518-785-1393**