



We would like to take this opportunity to welcome you to the Waubonsie Valley High School Boys Lacrosse Club. Lacrosse is the fastest growing sport in the US and Canada (20% per year). In Illinois, the growth is even faster (40%). It is "the fastest game on two feet." Every player touches the ball and every player can score. Player size does not matter when it comes to lacrosse. Each year many College All Americans are less than 6 feet tall and weigh less than 200 pounds. In Illinois, lacrosse is an emerging sport and as it moves to a fully sanctioned sport it will be just like football and basketball currently in our schools. As a high school club, we award players their Varsity, JV, Frosh letters and numbers for participation. Just this last season, the WVHSLC won the 2011 Illinois State Championship Cup for the "B" division! We will be playing in the "A" division in 2012. That being said, we need you!

The WVHSLC is a co-op, meaning it is made up of players who attend either Waubonsie Valley or Metea Valley High Schools. Lacrosse is sanctioned by IHSLA and a club sport in our district. As such, it adheres to IHSA regulations, but is governed by a parent board of directors, and is financially self-sustained. Fees to play during the regular spring 2011 season were \$500 per player. These fees covered all club costs including coaches' salaries, outdoor field and indoor facility rentals, bus transportation to away-games, referee costs, trainer costs and team equipment. In the fall, we offer fundraising opportunities to our players to assist them with the payment of their club fees.

Lacrosse is a spring sport; games begin the first week of April and end the first week of June. We hold our annual recruiting meeting in late January. The regular season begins with tryouts the first week of March and practice five days a week throughout March. Players and parents should expect outdoor practices or games every weekday afternoon. Practices run for two hours, and are held at a District 204 middle school location. Scheduled games typically begin between 5:00 pm and 5:30 pm and last about an hour and a half. Players and parents provide their own transportation to practices, home games, and nearby away-games.

Players must purchase or rent their own personal equipment. This includes a helmet, shoulder/chest pads, elbow guards, gloves, lacrosse stick, mouth guard, and athletic supporter cup. Also, players order their uniforms through the club, which include one set of home jersey and shorts, one set of away jersey and shorts, reversible practice pinnie, and stickers for their helmets. The uniform comes imprinted with the player's last name and player's number and can be used for all four years of team play. Uniforms purchased in the 2011 season were priced at \$150.

WVHSLC would like you to come on out and support our teams. The game schedules for our Fresh/Soph, Junior Varsity and Varsity teams can be found on our web site at www.wvlacrosse.org. Information regarding summer, fall, and winter lacrosse opportunities can also be found on our web site. You can also ask questions and send email to any board member through the site. So log on and check out the Waubonsie Valley High School Lacrosse Club, "the fastest game on two feet."