



**VERNON PAL 2019 SPRING LACROSSE
REGISTRATION OPEN
(Visit www.vernonpal.com)**



BOYS LACROSSE PROGRAM

Kindergarten – 1st Grade In-town Program – This program is designed for young players in Kindergarten and 1st grade to teach them basic skills and help them become familiar with the game. This is a non-contact instructional program. This program normally runs two nights a week from mid-April through mid-June (Subject to change). The PAL will provide a helmet, mouthpiece and practice jersey. The player must provide a lacrosse stick, cleats and an athletic supporter. There are no games or travel outside Vernon required for this program.

Registration fee (Grades K-1 in-town): \$45.00

Boys 2nd through 8th Grade Traveling Program – *please note teams are based on grade however, there is an age maximum that is determined by NJLL.* This program is open to boys in grades 2nd through 8th. While lacrosse is considered a contact sport, no body checking is allowed until 6th grade. This program starts as early as February with indoor practices and runs through early to mid-June. Teams are broken down by grade level (with an age maximum) and each team will have 3 to 4 practices or games per week. PAL will provide a helmet and mouthpiece. Players must provide their own equipment.

NOTE: Anyone requiring a new uniform or pinnie must go to the PAL website at www.vernonpal.com and purchase them (new players only will receive a pinnie with their registration). Your 2019 registration fee does not include a uniform!

Players can purchase their own lacrosse helmet at a discounted rate. This is not required but may be a good option for those who would normally pay to rent a PAL helmet during the off season. Helmet will be available to purchase on our website. Please be advised that only helmets provided by or purchased through the PAL can be used for Vernon PAL Lacrosse. **Anyone that has purchased a helmet through the PAL please note that your helmet must be reconditioned every other year. Registration fee (Boys grades 2-8 travel): \$140.00**

(Late fee after January 10th and no guarantee of team placement)

GIRLS LACROSSE PROGRAM

Girls 3rd through 8th Grade Traveling Program runs week nights and Saturdays beginning with indoor practices in January and running until June. Players will be placed on teams per grade level (3rd/4th, 5th/6th and 7th/8th) and broken down in accordance with NJLL rules and regulations. The first 22 registrants in each grade level will be placed on a team, all others will be waitlisted and if there are enough registrants a second team will be made in the appropriate grade level. Each team will have 1 to 2 practices per week and 1 to 2 games per week. Players must provide their own mouth guard, lacrosse stick, goggles and cleats.

Registration fee (Girls grades 3-8 Travel): \$120.00 (Late fee after January 10th and no guarantee of team placement)

NOTE: Anyone requiring a new uniform or pinnie must go to the PAL website at www.vernonpal.com and purchase them (new players only will receive a pinnie with their registration). Your 2019 registration fee does not include a uniform!

All players (Boys & Girls Travel) must be registered under US Lacrosse and hold a current membership through July 2019 - this is the player's responsibility.

Parent/Guardians: We are in need of coaches for all the girl's grade levels! Please volunteer– without coaches we can not field teams. Please if you have any questions about coaching you can call the PAL at 973-764-9514 – registration for coaches is available through the online registration system.