

The Program- NYS's Lacrosse program is designed to teach the fundamental skills of our Nation's oldest game while promoting sportsmanship and the community. The emphasis is on the individual player's development and not an overemphasis on competition. Teams are purposefully capped at a maximum of 16 players so that each individual gets maximum playing time. Additionally, instructional clinics for players, coaches, and fans will be held to insure proper understanding of the game. In addition, summer indoor leagues, clinics and tournaments will also be held during the hotter months. NYS is dedicated to developing premier instructional leagues for the fastest growing sport in America. *NYS does not incorporate fundraising or charge team assessment fees for any of our programs!*

Registration - Open to all levels of player. Please bring a birth certificate and most recent report card to any of our conveniently located offices throughout the Valley.

Midgets- Grades 2-4/Ages 7-10- Stick and Ball only. This level emphasizes stick skills and basic lacrosse concepts. Games are played using a modified lacrosse format on smaller than regulation field and using soft sponge balls and no contact, perfect for the beginner.

Minors- Grades 3-5/Ages 9-12- Full equipment is necessary to play at this level. Skill development is still the priority, but with the intensity of the real game. Defense is limited to poke checks and controlled physical play.

Majors- The complete game, using US Lacrosse official rules and regulations, is what is played. *(No long poles allowed)*

Instruction and Clinics- NYS will be offering instructional clinics for all levels of player. Expert coaches from local youth teams to the pros will be on hand to help educate, motivate and teach proper technique of each and every skill needed to excel. Clinics are open to players of all ages and gender.

Equipment- NYS is proud to announce its partnership with Elite Lacrosse, the experts for lacrosse in the valley. Elite provides all equipment necessary to play in our leagues at the lowest prices available. Contact them at [www.EliteLacrosse.com](http://www.EliteLacrosse.com), 480-596-5322 (ask for Davis) or visit their store in North Scottsdale, Hayden and McCormick Parkway 7353 N. Via Paseo del Sur, suite 420, Scottsdale, AZ 85258.