

Registration for the 2025 Boys PAL Lacrosse Season is Open

The cost of registration covers:

Grades 3-6 \$325.00

- PAL Team Registration Fees, Insurance & Referee Fees
- 8 Game Season for Grades 3-6 and 2 Weekday Practices During the Season
- Winter Indoor Practice Sessions for Grades 3-6
- Uniforms for New Players

Grades K-2 \$250.00

- PAL Team Registration Fees, Insurance & Referee Fees
- 6 Game Season for Grades K-2 and 2 Weekday Practices During the Season
- Uniforms for New Players

Please click on this link to register:

<https://sportsplus.app/public/6274/program/22282>

ALL players must have a current USA Lacrosse membership prior to enrollment.

Please click on this link for more information:

<https://www.usalacrosse.com/membership>

Please note that ALL players are required to have full protective equipment:

Stick, Helmet, Mouthguard, NOCSAE Approved Shoulder Pads, Arm Pads & Gloves

Winter indoor practices for Grades 3-6 will be held on Wednesday evenings from 7-8pm at REPS Long Island Athletic Facility located in Port Jefferson Station. Practices start on Wednesday 1/08/2025 and will run weekly until March.

Each practice session will focus on developing the fundamental skills of the game: Catching, Passing, Cradling, Stickwork, Dodging, Off-ball Work, Positional Training & Light Scrimmaging

Please feel free to contact us with any questions at: mplxassociation@gmail.com

Visit us on FaceBook @ Miller Place Lacrosse Association & Instagram @mplxassociation

**We are looking forward seeing everyone out on the field.
LET'S GO!**