

# Registration for the 2026 Boys PAL Lacrosse Season is Open

**The cost of registration covers:**

## **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

## **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

**Please click on this link to register:**

<https://sportsplus.app/public/6274/program/27865>

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 Tuesday evenings from 630pm-730pm at the new REPS Long Island training facility in Centereach. They start on January 6th 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:** [mplaxassociation@gmail.com](mailto:mplaxassociation@gmail.com)

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

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