



## WHEN WE PLAY

### **PENFIELD YOUTH LACROSSE IS OFFICIALLY A SPRING SPORT**

- Penfield Youth Lacrosse spring practices start in early April. Our games typically start the last week in April or first week in May. Last game is typically early June.
- PYL boys practice on Monday, Wednesday and Friday nights, start time is typically around 6pm. Players are asked to make two of the three nights.
- PYL girls practice on Tuesday and Thursday nights, start time is typically around 6pm.
- Length of practice is typically up to each group of coaches.
- All players in the same age/gender group practice together. For instance, all boys in the 3<sup>rd</sup>/4<sup>th</sup> grade program practice together as a group.

### **THERE ARE FURTHER LACROSSE ACTIVITIES, LEAGUES AND GAMES THROUGHOUT THE YEAR**

- Intermittent summer tournament play\* starts towards the end of June and goes to November (dates vary). These teams practice little if at all, so most players are experienced in game play.
- Lacrosse instructional program run by Penfield Recreation is held 4-5 Sundays in January/February each year. Check Pen Rec brochure for details.
- Fall indoor leagues start play in November/December. These teams\* practice little if at all, so most players are experienced in game play.
- Winter indoor leagues play January to Feb/March. These teams\* practice little if at all, so most players are experienced in game play.
- Penfield Recreation and PYL hold an "Introduction to Lacrosse" program at the end of the year, typically on the last Friday in December. This is a very basic, free morning of lacrosse for children who have never played before.

"Typical" progression for a child new to lacrosse. All are optional:

1. Attend the free lacrosse clinic in late December.
2. Attend the Penfield Recreation indoor Instructional Lacrosse program, Jan-Feb.
3. Register and play Penfield Youth Lacrosse, Mar-Jun.
4. Attend the Penfield Recreation Lacrosse Camp in August.

Experienced players have opportunities to play in summer, fall and/or winter.

\* These teams are NOT affiliated with Penfield Youth Lacrosse and are typically run by interested parents