



RIDGE YOUTH SPORTS, INC.
SPRING LACROSSE
GENERAL INFORMATION

K-2nd GRADE Little Laxers

- Open to boys and girls from Basking Ridge and surrounding towns
- Season runs early April to early June
- Two 75 minute practice sessions per week
- Skills development and instruction
- Cost \$130 per player

3rd-8th GRADE BOYS PROGRAM

- Open to boys only at this level
- Basking Ridge residents only
- Season runs early March to early June
- Two 90 minute practice sessions per week
- Games on weekdays and weekends
- Cost \$350 per player

REGISTRATION

Online registration at www.ridgeyouthsports.com is open for 3rd – 8th graders until January 31st and is open for K-2nd graders until April 1st

REQUIRMENTS

All players are required to submit Power of Attorney and a Medical Forms in accordance with RYSI guidelines;

A US Lacrosse membership is required for players in 2nd through 8th grades.

EQUIPMENT

Players at both levels must have the following for practice and games: helmet, shoulder pads, arm pads, mouth guard, cup, cleats and lacrosse stick.

COACHES NEEDED

We are in need of volunteer coaches at every grade level. If you are interested, please send an email to ridgeyouthsports@gmail.com.

ORGANIZATION PROFILE

Ridge Youth Sports, Inc. (RYSI) is a community-based, child-focused organization, which provides instructional and competitive programs for the benefit and enjoyment of the children that participate. The program focuses on life and athletic skills development, personal growth and fun. The goal of this organization is to instill life-long enjoyment and understanding of sports. The foundation of RYSI is based on the 7 Principles of Fair Play:

- ① Make it FUN
- ② Limit standing around
- ③ Everyone plays
- ④ Teach every position to every participant
- ⑤ Emphasize the fundamentals
- ⑥ Incorporate a progressing of skills development for every participant
- ⑦ Yell encouragement, whisper constructive criticism

www.ridgeyouthsports.com

Ridge
YOUTH SPORTS INC.