

LACROSSE

1. Who can participate?

The boys and girls programs are for Ringwood, Wanaque or Haskell residents in Grades 3-8. Clinic available for Grades K-2.

2. When are games/practices?

We practice twice a week between mid- March and June. Games typically occur once during the week and once on the weekend. Plan to commit 4 days each week to practices/games. Clinic for K-2 occurs on Sundays.

3. Where do games/practices occur?

Practices: Lower Martin J. Ryerson Middle School and Hewitt fields.

Games: DeSimone Field or Hewitt Field

Clinic: Lower Martin J. Ryerson Middle School

4. When is the season?

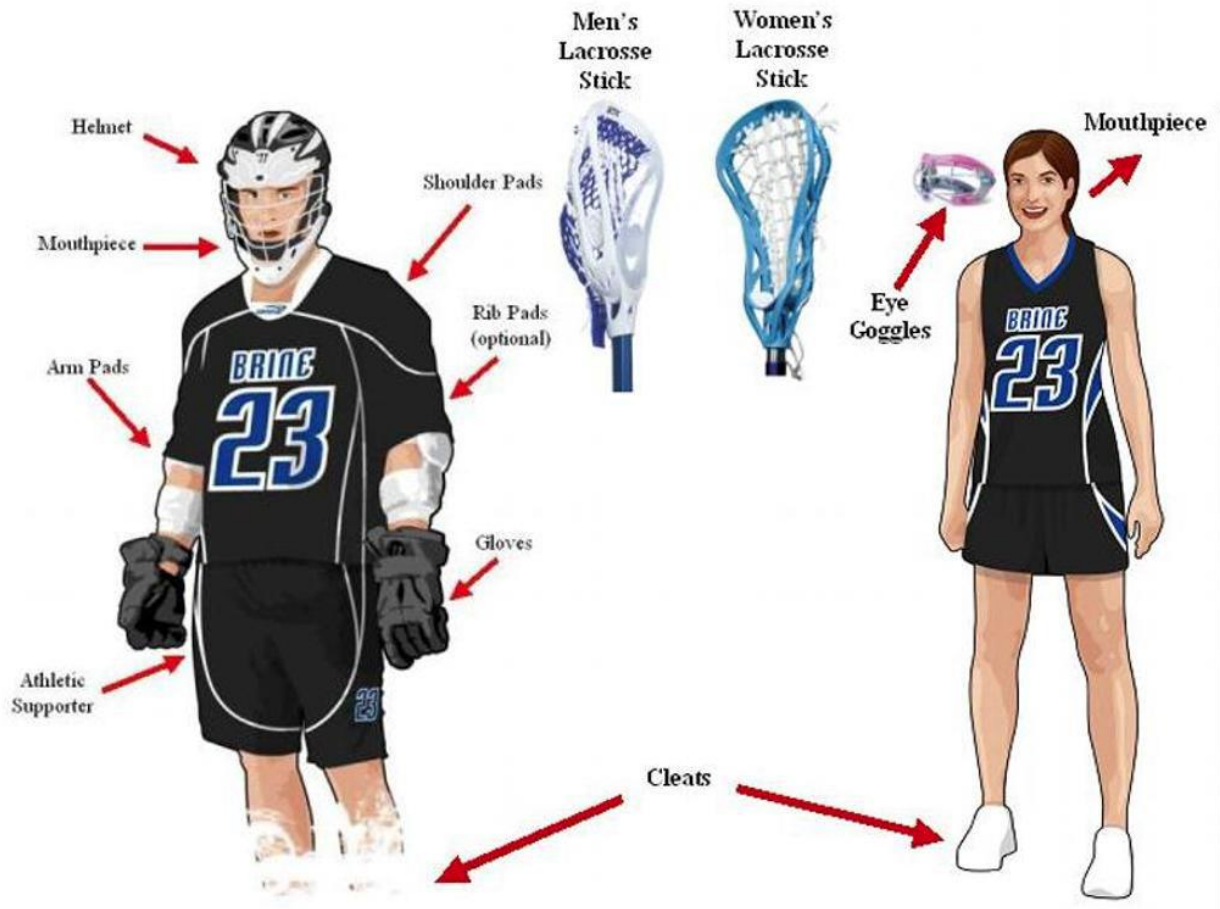
We begin spring training around the middle of March. Our game season runs from April – June.

What equipment is required? (see attached)

For boys: players will need cleats, a cup, shoulder pads, elbow pads, a mouth guard, a helmet, gloves and a lacrosse stick.

For girls: players will need cleats, a mouth guard, goggles, gloves and a lacrosse stick.

Clinic K-2 – sticks will be provided.



Required Boy's & Girl's Lacrosse Equipment
Equipment is not provided by the Ringwood Recreation Department.