



# GRCS GIRLS LACROSSE PROGRAMS

## Winter Girls Lacrosse

### Refresher Clinic and Learn to Play

It's time to think Lacrosse. We are registering for Spring Season now, which starts right after Spring Break. Join us to refresh or learn how to play lax just in time for spring.

**Dates:** Mar. 2  
**Days:** Saturday  
**Site:** All City Gym  
**Grades:** 2nd-8th  
**Times:** 8-2pm  
**Register By:** Feb. 9  
**Cost:** \$65 includes lunch – food allergies must be noted on registration form

Register for Spring  
Leagues by:

**FEBRUARY 15**

REGISTER NOW

## Spring Girls

### Lacrosse League

For more information on our Girls Lacrosse, please contact Julie Roossien at [Jroossien@grcs.org](mailto:Jroossien@grcs.org) or Vicki Young at [nandvyoung@aol.com](mailto:nandvyoung@aol.com) or 516-7579. There will be a parent meeting for those who are signed up and thinking of signing up on January 24 at 7pm at GR Christian Middle School Library. All players need mouth guards (not clear), stick, and face mask. Cleats are recommended. Sticks are available to borrow for the season, upon request. Contact [Sboender@grcs.org](mailto:Sboender@grcs.org) for availability. Cost is \$40 per stick, which will be returned when stick is returned. Masks must be ASTM3077 standard. Pennies are the same as 2018 – you may use last year's penny.

**Dates:** Mid March – Late May  
**3/4<sup>th</sup> Cost:** \$75 (plus \$15 for a penny, if needed)  
**5/6<sup>th</sup> Cost:** \$140 (plus \$15 for a penny, if needed)  
**7/8<sup>th</sup> Cost:** \$140 uniform included  
**3<sup>rd</sup>/4<sup>th</sup> Games:** Total of 2 days per week  
**5<sup>th</sup>/6<sup>th</sup> Games:** Total of 3-4 days per week  
**7<sup>th</sup>/8<sup>th</sup> Games:** Total of 4 days per week  
**Practice Sites:** GRC Elementary, Iroquois Campus and/or GRC Middle School  
**Register By:** Feb. 15 – *preferably, before*

### Cookies with Coaches

Are you interested in playing Lax, but have questions or would like to meet your coaches? Join us for a quick time of fun right after school.

5<sup>th</sup>-8<sup>th</sup>: Jan. 22, 3-4:30pm, Middle School  
3<sup>rd</sup>-4<sup>th</sup>: Jan. 23, 3:15-4:30, Iroquois Campus

### REGISTRATION FORM

Players Name: \_\_\_\_\_ School: \_\_\_\_\_ Birthdate: \_\_\_\_\_  
Grade: \_\_\_\_\_ Parent's Name: \_\_\_\_\_ Cell Number: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_  
Emergency Name and Cell Number: \_\_\_\_\_ Food Allergies ? \_\_\_\_\_  
Pennie size, if needed: YL, YXL, AS, AM, AL (add &15 to cost)  
Master Card/Visa Number: \_\_\_\_\_ Exp Date: \_\_\_\_\_ Sec. Code: \_\_\_\_\_  
Name on Card: \_\_\_\_\_ Amount: \_\_\_\_\_ **Program Signing up for:** \_\_\_\_\_

### To Register (choose one)

- Return form and payment (made out to GRCS) to: GRCS 2400 Plymouth St. SE GR 49506.
- Email this form including credit card information to: [Sboender@grcs.org](mailto:Sboender@grcs.org).
- Go to: [grcs.org/youth-sports](http://grcs.org/youth-sports) to register online. Your username and password is your email.