

# 2009 Central Square Upstate Lacrosse Association



A summer league providing an opportunity for boys and girls to participate in the great game of lacrosse.

ULA uniforms will consist of a reversible jersey and solid black shorts. Fees for this year are \$90.00 which includes a reversible or \$75.00 if you use last years reversible. Black shorts will no longer be offered.

Required equipment includes:

**Boys-** helmet, mouthpiece, shoulder pads, arm guards, gloves, stick, and personal protection. **Rib pads and cleats are recommended but not mandatory.**

**Girls-** goggles, mouthpiece, stick. **Cleats are recommended but not mandatory.**

If you are in need of equipment, be sure to check out the Lax Swap Shop on our website for quality used equipment. <http://cslacrosse.com/ula.php>

**Practices** should begin in May depending on field conditions. During the first practice, there will be a mandatory parents meeting at which time you will need to provide a **copy** of the players report card (for current grade verification), and insurance information. Practices will be determined by the coaches and the location is TBA.

**Opening weekend will be mid June-Schedule to follow  
Season ends the last week of July**

Boys and girls grades 3-4 play on **Monday** evenings.

Boys and girls grades 5-6 play on **Tuesday** evenings.

Boys and girls grades 7-8 play on **Wednesday** evenings.

Any questions please contact Pat Wallace at 676-4180 or [scotlandmade@windstream.net](mailto:scotlandmade@windstream.net).

<http://cslacrosse.com/ula.php>  
<http://www.upstatelaxassociation.org>

