

# Lakers Lacrosse

## Boys Lacrosse Box League



### 4th-7th Grade Boys Fall Box League

Run by MLHS Varsity  
Players, Alumni and youth  
lacrosse coaching staff.

#### 5 Weekly, 1 ½ Hour Sessions

- 30 minutes of stick skills and 60 minutes of game play
- Basic box rules with 5 vs. 5 plus goalies; full field players with short sticks
- Focus on quick ball movement and individual defensive skills
- Strong focus on team work and player development



#### When:

**4<sup>th</sup> & 5<sup>th</sup> - Saturday's**

10:30am-12pm 9/17, 9/24, 10/1,  
10/8, 10/15

**6<sup>th</sup> & 7<sup>th</sup> - Saturday's**

12-1:30pm 9/17, 9/24, 10/1, 10/8,  
10/15

**Cost:** \$150, per player, must have  
valid US Lacrosse Membership  
(\$30)

#### Where:

#### Parsippany Roller Hockey Park:

located on Parsippany Boulevard, (Route  
202) north of routes 46 and 287

#### Register On-line

[www.mountainlakeslacrosse.com](http://www.mountainlakeslacrosse.com)

**Open to All 4<sup>th</sup>-7<sup>th</sup> Grade Boys  
at Wildwood and RVS (as of  
Sept 2022)**

**All fees are non-refundable**



#### All players need to bring the following equipment:

- Helmet, Mouthpiece, Shoulder Pads, Arm Pads, Gloves,  
Midfield/Attack Stick

.Any questions? Contact [lakerslaxinfo@gmail.com](mailto:lakerslaxinfo@gmail.com)