

Registration for the upcoming 2023 Miller Place PAL Lacrosse is Now Open until 12/11/2022

Please click on this link to register:

<https://millerplacelacrosseassociation.sportngin.com/register/form/790913312>

If you plan to register multiple siblings, please contact us for discount code.

ALL players must be registered with USA Lacrosse prior to enrollment.

ALL players are required to have full protective equipment which includes a helmet, mouthguard, NOCSAE approved shoulder pads, arm pads and gloves.

The cost for registration covers:

- PAL Team Fees
- Town Referee Fees
- 8 Game Season for Grades 2-8
- 6 Game Season for Grades K-1
- Uniforms for New K-1 Players
- New Practice Pinnies for Grades K-8
- End of Year Team Plaques
- End of Year Team Party

Also included in the cost of registration will be weekly indoor practice sessions for grades 2-8 which will focus on the fundamentals of the game for both beginners and advanced players. **Practices will start on 12/11/2022 and will run until March.**

- Catching
- Passing
- Cradling and Stickwork
- Dodging
- Off-ball Work
- Positional Training
- Light Scrimmaging (3v3, 4v4, & 5v5)

To contact us with any questions or if you are interested in becoming a coach, please contact us at: **631-484-3664 or mplaxassociation@gmail.com**

*****ALL Miller Place coaches are required to pass a background check and obtain a USA LACROSSE LEVEL 1 coaching certification.**

We are looking forward seeing everyone out on the field.

LET'S GOOOOOO!