

# CARSON VALLEY YOUTH LACROSSE

Call/Txt 775.781.1178 ~ [carsonvalleyyouthlacrosse@gmail.com](mailto:carsonvalleyyouthlacrosse@gmail.com)

**TEAM A** Carson **Minden Experience** **TEAM BADGERS**

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## **SPRING LACROSSE IS HERE**

### **1) Friday Evening ~ January 19th**

**Douglas County Recreation Center ~ North Room**

**Program Presentation @6:00 p.m. / Registration 6:30 - 7:30**

### **2) Wednesday Evening ~ January 31st**

**Douglas County Recreation Center @6:00 - 7:30**

**Registration & Payments in Full**

The following represents **Spring 2024** seasonal playing opportunities available to Carson Valley Youth specifically provided under the High Sierra Lacrosse League of the Reno/Tahoe region. Spring is the primary season for lacrosse. Carson Valley Youth Lacrosse currently supports **girls and boys born on or before August 31, 2015 - eighth grade**. Respective teams will include separate u12 and u14 teams as registration numbers support each of the four teams during a season. **Each team is limited to 18 players.**

**BOYS / GIRLS u10 / u12 / u14** (u14 may include u12 “playing up”)

**REGISTRATION** **First Come, First Serve in January** / Season March - June

**PRACTICES** Two to three times a week for up to two hours each. Practice locations are Stodick Park in G’ville or Johnson Lane Park in Minden depending on N. Douglas County registrations.

**GAMES** All Youth u12 / u14 games typically occur on Saturdays in Washoe / Douglas counties.

### **Non-Contact GIRLS Lacrosse Necessities**

A \$145 Spring fee, plus a valid **USALacrosse** Annual Youth Membership (\$30), a Lacrosse stick, a pair of protective Goggles, Cleats, and a Mouthguard.

Girls lacrosse sticks and goggles provided for those in need.

**Coach Hobie Rose**

*NFHS Certified and USALacrosse Level III  
NNLOA Youth and Varsity Referee*

**Assistant Coach Rachel Rose**

*USALacrosse Level I  
NNLOA Youth and Varsity Referee*

### **Contact BOYS Lacrosse Necessities**

A \$145 Spring Fee, plus a valid **USALacrosse** Annual Youth Membership (\$30), a Lacrosse Stick, a Mouthguard, Cleats, and a “contact” equipment package which can be purchased on your own or rented for a season fee of \$110. Rented sets of equipment include **USALacrosse** approved helmets, chest pads, elbow guards, gloves.

**Coach Hobie Rose**

*NFHS Certified and USALacrosse Level III  
NNLOA Youth and Varsity Referee*

**Assistant Coach Falan Rose**

*NCAA Division II Goalie  
NNLOA Youth and Varsity Referee*

**\*\*\*\*\* High School Lacrosse Programs Available for Freshmen - Seniors \*\*\*\*\***