



LACROSSE

Saints Lacrosse 2023 Season Details

Season Overview

Season is February 24 through May 8 (State tourney May 7, 8)

Team dues: \$350

Practice

- First week of practice is two days: Feb 23 and Feb 25.
- Monday – Friday starting Feb 28
 - o 5:00 – 6:30 PM until Daylight savings (March 11)
 - o 5:30 – 7:30 starting March 14
 - o Will be off for spring break: March 12 - March 20
- Practice Field: **Antrim Park** - west field. Field is on the right when you turn into Antrim Park
 - o Address: 5800 Olentangy River Rd, Columbus, OH 43085

Games

- Played on Monday, Wednesday, or Saturday (1 or 2 deviations)
- Schedule will be 8-15 games, plus the tournament
 - o End of season tournament: May 7, 8
- Schedule will be posted to our website once available

COVID Protocols

- We will adhere to all protocols established by schools, facilities, and governing bodies (state tournament)

Administrative items

Registration: Deadline is Feb 16, 2023**

- Electronic this year through Google forms – you will need a google account to complete the form
 - o <https://www.columbussaintslacrosse.com/registration.html>
- Note: Registration is not fully complete until we have received **team dues (\$350), waivers, and US Lacrosse Membership (see below)**
 - o You can email signed waivers to me (columbussaints@gmail.com), or upload them on the registration page

US Lacrosse Membership – www.uslacrosse.org

- Youth membership for each player is required
- Fees are \$30 per year
- *Provide your US Lacrosse number with registration. US Lacrosse membership expiration must be after May 8, 2022.*

Uniform & Equipment

- Jerseys: provided (property of the team)
- Practice pennies: provided (property of team)
- Game shorts and sweatshirts included in dues and can be kept by players
- Players are responsible for all other necessary equipment:
 - o Helmets, gloves, elbow pads, shoulder pads, cleats, sticks, mouthpieces, etc.
 - o Our team helmets are matte black – any certified brand is acceptable
 - o If you do not have a helmet and are interested in joining a team order, please signify during the registration process.
 - o ****New regulations regarding shoulder pads - must be NOCSAE compliant****

Team Website: <https://www.columbussaintslacrosse.com/>

- Includes a calendar and schedule
 - o Calendar: <https://www.columbussaintslacrosse.com/calendar.html>
 - o Schedule: <https://www.columbussaintslacrosse.com/schedule-and-results.html>
 - o Registration: <https://www.columbussaintslacrosse.com/registration.html>