



**NO
EXPERIENCE
NECESSARY**

**LIKE TO SWEAT?
PLAY LACROSSE**

**MID-MISSOURI LACROSSE
LEAGUE FOR YOUTH**

Check out the
fastest growing team
sport in the US!
Lacrosse for youth
grades 3-8.

www.youth.columbialax.org
midmolax1@gmail.com



CHECK IT OUT AT THE ARC
EXTRA EQUIPMENT AVAILABLE

SAT MARCH 17 AT 10:30-12:00
WED MARCH 21 AT 5:30-7:00

FREE INTRO CLINICS

SPRING 2018 YOUTH LACROSSE

REGISTRATION ONLINE-FEE IS \$75
ALL PLAYERS MUST MAINTAIN
MEMBERSHIP WITH US LACROSSE
(\$30 - WWW.USLACROSSE.ORG)

REGISTRATION DEADLINE APRIL 13TH

PLAYERS MUST WEAR
A HELMET, MOUTH GUARD,
SHOULDER PADS, ELBOW PADS
AND PADDED GLOVES.

Like to sweat?

Let us teach you lacrosse

*The fast pace of soccer and the strategy of basketball.
No experience necessary! Regular season practices and
games take place at Cosmo Park. Games are on Sunday
afternoons from April 15th through May 20th. Register on
our website to get notifications
www.youth.columbialax.org.*