



Mission Statement:

Providing our youth players with an opportunity to grow together and gel as future members of the Guilderland Lacrosse tradition.

Program Philosophy:

1. Provide current 5/6 and 7/8 grade boys with quality instruction from experienced coaches. We will teach individual skills as well as game concepts. Weekly practices and Adirondack Summer League games held at Nott Rd.
2. Participation in three out of four competitive youth lacrosse tournaments.
3. Weekly participation in the Adirondack Summer Lacrosse League.

Practices will include instruction from knowledgeable Guilderland coaches as well as experienced college lacrosse athletes. Our experienced staff should allow for a 3:1 athlete to coach ratio. The format of practice plans will be modeled after those provided to Guilderland Varsity Lacrosse athletes. Our athletes will have an opportunity to participate in the drills used at the Varsity level and develop the skills expected of them as they mature as lacrosse players.

The members of Guilderland Lacrosse Club coaching staff value the opportunities that you provide your sons when allowing them to participate in sports outside of school sponsored athletics. Therefore, we will emphasize teaching each individual on a 1-on-1 basis. Practice plans will be designed to support this in order to maximize an athlete's exposure to our coaching staff during practices and tournament play.

Our staff will strive to provide equal playing time to all members of our organization, regardless of their level of development to date.

Coaching Staff - *The remainder of our staff will be announced at a later date*

Kristopher Bremer - Lacrosse Club Organizer & Coach

- Eighth year Guilderland Varsity Co-Coach
- 2010 Sectional Champions
- Produced 4 All Americans in 6 years.
- 2001 Captain of Division 1 University at Albany Men's Lacrosse Team
- Mahopac lacrosse alumni, Member of 1996 Class A Boys Lacrosse State Championship Team
- Guilderland Youth Lacrosse Vice President

Tuesday Practice Dates:

Nott Road Park from 5:30 pm – 7:30pm.

- 6/12/12
- 6/19/12
- 6/26/12
- 7/3/12
- 7/10/12
- 7/17/12
- 7/24/12
- 7/31/12

Adirondack Summer Lacrosse League:

Monday & Wednesday Games

Tournament Information:

In order to allow flexibility for your families this summer, we are offering **participation in three of the four tournaments**. Please inform Coach Bremer of the three tournaments you would prefer to participate in. Players may participate in all four tournaments if they like.

When selecting our tournaments we took into consideration the quality of the opponents attending the tournament, the number of potential games, and our ability to travel to/from the location. We suggest you review each tournament site for further details.

- Future Legends - June 23, 2012
<http://www.futurelegendslax.com/>
- Competition with top lacrosse programs throughout the East Coast.
- Golden Goal – Either 6/30/2012 & 7/1/2012 or 7/28/2012 & 7/29/2012: Date TBD
http://www.goldengoalsoccer.com/?page_id=95
- Competition with top elite programs from across the country
- RPI Shootout - July 14, 2012
Rensselaer Polytechnic Institute (RPI)
http://www.albanypowerlacrosse.com/Summer_Shootout.html
- Local, we plan on attending Saturday only
- Stowe Lax Festival – July 20, 2011 – July 22, 2012
http://www.bitterlacrosse.com/events/slf_boys/
- Fun filled three day weekend in Stowe VT

Equipment:

All participants must have their own equipment. Sticks, helmets, gloves, arm pads, shoulder pads and mouth guards are required. If your son is using equipment borrowed from the youth league we may be able to extend the equipment use for the summer season.

Cost Per Player - \$550

We are accepting payment in full now. You may also provide an initial payment of \$275 with the remaining balance due May 15, 2012.

Player fee includes:

- Instructional Practices
- Adirondack Summer Lacrosse League participation
- Team Uniform Package (Jersey, Shorts & T-shirt)
- Tournament Registration
- US Lacrosse Membership, including insurance coverages
- Field usage

Kris Bremer Contact Information:

Feel free to contact me at anytime with questions you may have.

Phone: 518-330-2918

Email: kbremer@vzw.blackberry.net

2012 Guilderland Lacrosse Club

All interested athletes are required to submit a completed registration form, including a parental signature. No athletes will be allowed to participate without this.

Name _____ Birthdate _____

Address _____

City, State, Zip _____

Telephone _____ Uniform Size _____ Spring 2012 Grade Level _____

Email _____ Position _____

US Lacrosse Member # _____

**** Please make checks payable to GLAX LLC. Send payment and registration form to**

GLAX 3 Bridge Rd Berne, NY 12023

I, the parent or guardian of _____ am familiar with the risks inherent in participation in the **game of lacrosse**. I hereby release **GLAX LLC** and the **GLAX LLC** Staff, its successors, assignees, officers, agents and employees from any and all claims, demands, and causes of action whatsoever in any way growing out of or resulting from participation in the club. I hereby authorize the director of the **GLAX LLC** to act for me according to their best judgment in an emergency requiring medical attention.

Parent/Guardian Name

Parent/Guardian Signature