



CASTLE GIRLS LACROSSE ASSOCIATION

Welcome to the 2023-2024 CGLA Call-out Meeting

COACHING STAFF

Varsity Head Coach: Shelia Byrd
 JV Head Coach: Bob Minasian JV Asst Coach: John Pracht
 MS Head Coach: Cory Farthing MS Asst Coach: TBA

EQUIPMENT COST AND REQUIRED APPAREL

Equipment can be purchased at Academy, Dicks or any sporting store. Below is a list of what is required/optional and an approximate cost. This is in addition to fees. The pinnie and backpack* will be required for all new team members and will be ordered through the team apparel.

<u>REQUIRED</u>		<u>OPTIONAL</u>	
Mouth piece	\$2-\$10	Sidelines cape **	\$70
Helmet	\$130-\$160	Team Shooting Shirt	\$35
Stick	\$45-\$100	Gloves	\$25-\$35
Cleats (soccer cleats)	\$35-\$45		
Shorts (under uniform)	\$10-\$20		
Pinnie	\$18		
Team Backpack *	\$65		

* Mandatory for 6-10 graders.

** If personal is desired. Team will have some on the sidelines.

TOTAL RANGE OF EQUIPMENT COSTS \$225 - \$500

CASTLE LACROSSE ASSOCIATION

- Due/fees
 - High School - \$400
 - New Player Discount - \$50, for a total of \$350
 - Middle School - \$300
 - New Player Discount - \$50, for a total of \$250
 - **FUNDRAISING** - each player/family is given an opportunity to raise some or all of team dues via fundraising. In the past, girls raised an average of \$180 towards their dues. Fundraising opportunities will be available through months of November and December.

- Each player is required to have a US Lacrosse number \$30-\$35. Returning players must renew their membership by Dec 1, 2023
- WCSC requires each player to have a physical on file with the school and will complete concussion baseline testing once every two years with the program
- High School players must register with INGLA (free)
- Committees/Volunteer expectations for parents - Parent participation is expected in order to keep the program running

TEAM REGISTRATION – All forms and payments completed online this fall. Registration starts November 5th, 2023 and goes through the beginning of January. The deadline for all requirements to be completed is January 20th, 2024. Payments in full (or payment plan) is required prior to the start of the official season (February 12th for HS, March 1st for MS).

PRE-SEASON WORKOUTS (Must have own stick, helmet, mouth piece, cleats and a pinnie)



- High School at Metro in the evenings in January (Mondays & Thursdays 7:30pm–9:00pm)
- Conditioning in January (days/times TBD)
- Middle School at Metro in the evenings in February (Mondays & Thursdays 7:30pm–9:00pm)

SEASON PRACTICES – High School Starts in February (4-5 days a week), Middle School in March (3 days a week).

SEASON GAMES – March 2024 thru May 2024

BAND GROUPS

Join your team’s BAND group for communications from your coaches. *PLEASE make sure your profile has FIRST AND LAST NAMES listed before requesting membership.*

High School Team	Middle School Team
	



www.castlegirlslacrosse.com



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