

Lacrosse Format

- Indoor lacrosse will be non-contact field lacrosse in an enclosed area.

Competition is designed to assist in developing an individuals skills and knowledge of the sport.

Number of Players on the Field

Boys JV - 5 and a Goalie
Boys Modified - 5 and a Goalie
Boys Future Stars - 6 and a Goalie

Girls Premier - 5 and a Goalie
Girls 2nd Division - 5 and a Goalie

Rosters

All teams must submit a complete roster no later than the start of the first game. All teams are able to make adjustments to the roster until the third game. If teams do not comply they will not be allowed to play until a roster is submitted. The roster form is located on our website at www.cnyfsc.com

- ◆ Maximum of 16 players on a roster
- ◆ Players are not allowed to play on two teams in the same division
- ◆ Players can't play in a lower division (9th grader can't play in Boys Modified Division)

New Age

Individual Champion & Runner - Up awards are supplied by:



Graphix

New York State's Most Complete All Season Sports Complex

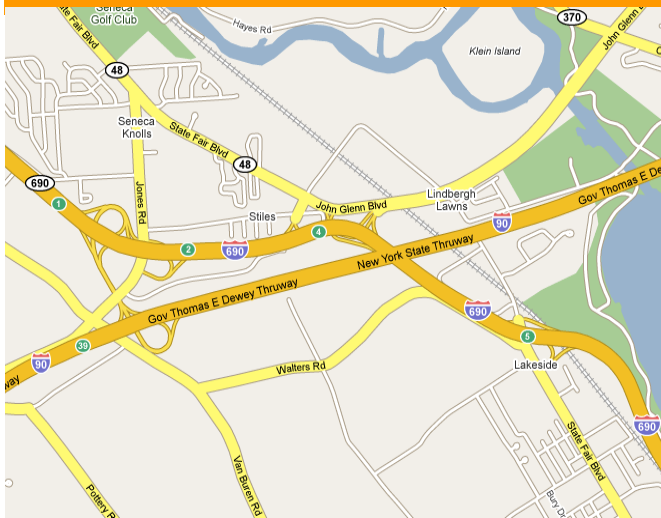
Featuring Indoors

- ◆ Two 185' x 85', Artificial turf with dasherboard multipurpose fields
- ◆ Seating for 320 spectators in bleachers
- ◆ One 500 sq. ft. warm-up area
- ◆ Trophy & team photo area
- ◆ Men's & women's changing areas and rest rooms
- ◆ Education Center
- ◆ Video arcade
- ◆ 12000 sq. ft. mezzanine for spectator viewing

Featuring Outdoors

- ◆ Three 110 yd. x 70 yd. multipurpose natural grass fields
- ◆ Two 70 yd. x 40 yd. multipurpose natural grass fields
- ◆ One 90 yd. x 60 yd. multipurpose natural grass fields
- ◆ Family picnic area
- ◆ Children's playground
- ◆ Jogging and walking trails
- ◆ 250 car parking lot

Conveniently located off Route 690 at Jones Road
or Exit 39 of the Thruway



Indoor Lacrosse Leagues

Fall 2009



7201 Jones Road
Syracuse, NY 13209
Phone: (315) 638 - 8866
Fax: (315) 638 - 2882

www.CNYFSC.com

Equipment

- Boys are required to wear helmets, gloves, mouth guard, and proper pads.
- Goal keepers must have chest protector, goalie throat guard and goalie stick.
- Girls are required to wear goggles and mouth guards.
- Any brand of sneakers is sufficient
players cannot wear cleats.
- * Players assume all responsibility for playing each week with the proper equipment*

Team League Fees

Team League Fees

9 week league \$850.00
8 games and a possible playoff
(playoff is time permitting)

Register by:
Friday October 9th with a
\$100 deposit and receive a
\$55.00 discount

Schedule Requests

Scheduling requests will be taken into consideration - any requests must be submitted in *writing* no later than the first game.

If you have not submitted a schedule request and you cancel your game, we will not make up the game

The only way games will be cancelled by the Sports Centre is if the NYS Thruway is closed due to weather

2009 Leagues

Boys Divisions

Boys JV (9th/10th grade)
Day: Tuesdays 10/20/09 - 12/15/09
Time: 5:00pm - 9:10pm

Boys Modified (7th/8th grade)
Day: Wednesday 10/21/09 -
12/16/09
Time: 5:00pm - 8:20pm

Boys Future Stars (5th/6th grade)
Day: Wednesday 10/21/09 -
12/16/09
Time: 5:00pm - 8:20pm

Girls Divisions

Girls 2nd Division
Day: Tuesday 10/20/09 - 12/15/09
Time: 5:00pm - 9:10pm

Girls Premier
Day: Thursday 10/22/09 - 12/17/09
Time: 5:00pm - 9:10pm

Levels of Play

Boys JV, Boys Modified, Boys Future Stars

Boys JV - Players need to be in 9th or 10 grade
Boys Modified - Players need to be in 7th or 8th grade
Boys Future Stars - Players need to be in 5th or 6th grade

Players can play up a Division but
can not play down a division

Girls Premier & Girls 2nd Division

Girls Premier - Advanced players 9th - 12 grade
Girls 2nd Division - Younger and or inexperienced players

League Application

Indoor Lacrosse Registration Form 2009

Team Name: _____

Division: _____

Manager/Coach: _____

Manager/Coach Cell Phone: _____

Manager/Coach Home Phone: _____

Address: _____

City: _____ Zip: _____

Manager/Coach Email: _____

Credit Card: (Required only if using credit card)

Visa _____ MasterCard _____ Discover _____

Exp: _____ CVC2 Code: _____

I as the team Manager/Coach agree to have my credit card used for purpose of insuring payment of league fees. I understand that if my team has not paid the full amount of league fees by the third game, my card will be billed for the balance of the fees.

Card Holder: _____

Signature: _____

Make Checks Payable to: CNYFSC
Send to: Central New York Family Sports Centre
7201 Jones Rd
Syracuse, NY 13029
Phone: (315) 638-8866
Fax: (315) 638-2882
Email: kdonahue22@aol.com
Lacrosse Director: Kaltlin Donahue