

# LaXfactor 2019

Directed by- Brittney Conzentino, Head Coach Downingtown West High School

Instructional Lacrosse League for K, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, & 6<sup>th</sup> Grade Girls including 10– 1 HOUR Sessions of Instructional Practices and Games for the development and growth of Lacrosse Players in the Chester County Area

**\$100 per player – Checks payable to “LaXfactor” or Register & Pay on our website!**

**Start date: April 7th through May 8th**

**Sunday Afternoons (Grades K, 1, 2 & 3: 12pm-1pm, Grades 4, 5 & 6: 1pm-2pm)**

**&**

**Wednesday Evenings (Grades K, 1, 2 & 3: 5:15pm-6:15pm, Grades 4, 5 & 6: 6:15pm-7:15pm)**

**ALL SESSIONS @ DOWNTOWN WEST HIGH SCHOOL --DiSerafino Turf**

**Group One:** K, 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> grade players will be in small groups. Basic skills will be taught: cradling, catching, throwing, shooting, basic defense, etc.

**Group Two:** 4<sup>th</sup>, 5<sup>th</sup>, & 6<sup>th</sup> grade players will be in small groups. Basic skills will be taught along with draws and defensive and offensive concepts.

**YOU WILL NEED:** Lacrosse Stick, Mouth Guard, Eyewear, Sneakers or Turf Shoes & Water.

Need More INFO> Contact Coach Conzentino / [LaxFactor17@gmail.com](mailto:LaxFactor17@gmail.com) / #484-467-6243

## **DEADLINE FOR REGISTRATION ... APRIL 1st!**

Complete bottom section and mail with payment to:  
“LaXfactor” @ 1136 Delaware Lane, Downingtown Pa 19335

OR

**Register and Pay online through our NEW Website! [www.wclaxfactor.com](http://www.wclaxfactor.com)**

## **LaXfactor**

**\$100 per player- Checks payable to: “LaXfactor”**

Mail this bottom section and payment to: “LaxFactor” @ 1136 Delaware Lane, Downingtown Pa 19335

NAME \_\_\_\_\_ Grade -2017/18 \_\_\_\_\_ School \_\_\_\_\_

ADDRESS \_\_\_\_\_

Please Print  
Clearly

CITY, STATE, ZIP \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_ EMERGENCY PHONE # \_\_\_\_\_

REQUESTS- **NOT GUARANTEED (NO MORE THAN 1 PLEASE)**

## **League Waiver**

I hereby release and discharge Downingtown West Girls Lacrosse, Downingtown West Girls Lacrosse Booster Club, and Downingtown Area School District, its directors, agents, and officers from any claims, responsibilities or liabilities for injuries or harm incurred as a result of my participation and/or my child's participation in the lacrosse league. I authorize Downingtown West Girls Lacrosse, its directors, agents and officers to take whatever action is necessary in their best judgment, in an emergency and I hereby release and discharge Downingtown West Girls Lacrosse, its directors, agents and officers from any responsibility or liability related thereto. I hereby grant permission to use my child's name, picture, or likeness in any printed media or any form of advertisement. I fully renounce any and all claims upon Downingtown Girls Lacrosse for reimbursement for use of this material.

CHILD'S NAME: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

# LAXFACTOR 2019

**ALL PRACTICES AND GAMES ARE ON THE DISERAFINO TURF FIELD BEHIND THE STEM ACADEMY**

**Sunday April 7<sup>th</sup> – Opening Day Practice  
Check in begins at 11:45am for grades K, 1, 2 and 3  
& 12:45pm for grades 4, 5, 6**

## **Session Times:**

**GRADES K through 3rd PRACTICES:** 5:15 – 6:15 on Wednesday evenings  
& 12:00-1:00 on Sundays

**GRADES 4, 5 & 6 PRACTICES:** 6:15 – 7:15 on Wednesday evenings  
& 1:00-2:00 on Sundays

Sunday April 7<sup>th</sup> - Practice

Wednesday April 10<sup>th</sup> - Practice

Sunday April 14<sup>th</sup> – FIRST GAME

Wednesday April 17<sup>th</sup> - Practice

**Sunday April 21<sup>nd</sup> – NO LAXFACTOR- Happy Easter!**

Wednesday April 24<sup>th</sup> - Practice

Sunday April 28<sup>th</sup> - GAME

Wednesday May 1<sup>nd</sup> - Practice

Sunday May 5<sup>th</sup> - GAME

Wednesday May 8<sup>th</sup> – GAME

## **Tentative Make-up Dates:**

Sunday May 12th and Wednesday May 15<sup>th</sup>