



2021/2022 “Arrow Express Sports” WINTER LACROSSE TRAINING

“Always Improving to Provide the Best Opportunity for the Athletes”

Year round turf here at the Iroquois Lacrosse Arena that we are very proud to dedicate to lacrosse and providing a platform for kids to play lacrosse all year.

BOX LACROSSE DIVISIONS *boys and girls mixed*

PAPERWEIGHT for birth years 2016, 2017 & 2018 cost \$150.00
Sept 14th to Dec **Tuesdays @5:30-6:30pm**

U9 BOX (formerly TYKE) for birth years 2014 & 2015 cost \$200.00
Sept 13th to Dec **Mondays @ 6-7pm**

U11 BOX (formerly NOVICE) for birth years 2012 & 2013 cost \$200.00
Sept 15th to Dec **Wednesdays @ 6-7pm**

U13 BOX (formerly PEEWEE) for birth years 2010 & 2011 cost \$230.00
Sept 14th to Dec **Tuesdays @ 6:30-8pm**

U15 BOX (formerly BANTAM) for birth years 2008 & 2009 cost \$260.00
Sept 13th to Dec **Mondays @ 7-9pm**

U17 BOX (formerly MIDGET) for birth years 2005, 2006 & 2007 cost \$260.00
Sept 16th to Dec **Thursdays @ 7-9pm**

GIRLS BOX LACROSSE DIVISIONS (depending on registration)

U13/U15 (birth years 2008, 2009, 2010, 2011)

U17/U22 (birth years 2001, 2002, 2003, 2004, 2005, 2006, 2007)

ARROW EXPRESS SPORTS

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**dates and/or times subject to change based on registration numbers*

**holiday dates will be advised once program starts*