



18+ Men's Spring Lacrosse League

TNT's Men's Box Lacrosse consists of a 2 hour game one day a week. Box Lacrosse is a fast paced 6v6 arena game. All 5 field players play offense and Defense. With a smaller field and off the wall play, this league will be sure to improve any individual's fundamental skills, and endurance. Box lacrosse also improves the understanding of offensive and defensive strategies which will translate to a better understanding of outdoor lacrosse. All players will receive a lacrosse jersey.

10 Week Program beginning week of March 28-June 27, 2010

"NO LACROSSE APRIL 4th, MAY 9th, MAY 30th and JUNE 20th"

20 Player Maximum Enrollment

Sundays

1:00pm – 3:00pm

Season Fee \$120 or \$15 Daily drop-in fee

For more information and registration:

Juan Cruz, Sports Coordinator

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Magdalena Ecke Family YMCA

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