



Mudsock Boys Lacrosse Stick Skills Fall Training



Forté Sports Medicine and Orthopedics is honored to partner with Mudsock Youth Athletics as the official orthopedic and sports medicine provider. Forté's highly skilled, fellowship trained orthopedic surgeons and staff provide comprehensive, specialized sports medicine and orthopedic care to patients of all ages. Forté's certified athletic trainers offer on-site injury prevention consultation and injury screenings for Mudsock Youth Athletics leagues. For sudden injuries, Forté Fast Orthopedic Care, located in the Carmel and Noblesville clinics, offers same-day access to a specialist and treatment plan to get you or your family feeling better, faster. Learn more about [Forté Fast Orthopedic Care for Mudsock Youth Athletics and families](#).

Program Description:

Join Mudsock Boys Lacrosse for an eight (8) week stick skills and training program this fall during the offseason. The focus will be a blend between maintaining/improving basic stick skills (passing, catching, groundballs) as well as position-based skills (offense: shooting, dodging, off ball movement, or defense: sliding, footwork, positioning). We will have drills for the specialists (goalies and faceoff) at least one day each week and we will communicate when that day will be week-to-week. The program will be led by a combination of our in-house youth coaches, high school coaches, and high school players.

Program Goal:

We will provide the resources and training for your participant to continue to improve his stick skills and to grow as a player this fall leading into either an indoor program this fall/winter or for next spring's season. Every great lacrosse player at the high school, collegiate, and even professional level is a master of basic lacrosse skills. We aim to build a strong foundation for each player so that they will be set up for success as they go through the Mudsock Boys Lacrosse Youth Program, and later into high school.

Registration Fees:

Open fall registration will be held the month of May 2023. Registration will be accepted online at myathletics.com. Fall fees (early bird pricing) will be as follows:

- \$90 per player for divisions in 8U – 14U

Early bird pricing will be available during the month of May. Beginning June 1st, registration fees will increase.

Refund Policy:

For the fall 2023 season, the refund policy will be as follows:

May 1 – June 15th – Refund after \$32 non-refundable fee

June 16th – July 15th – 50% refund after the \$32 non-refundable fee

July 16th – July 31st – 25% refund after the \$32 non-refundable fee

After July 31st – No refund

Any additional fees incurred for registration completed after May 31st are also non-refundable.



As a family-owned company, Meijer aims to enrich the lives of families in the communities we serve and help ensure they are great places to live, work and play. Meijer is honored to partner with Mudsock Youth Athletics in its mission of bringing sports to local kids and support them in learning valuable life skills, building friendships, getting active and, most importantly, having fun!

Divisions:

Because this is a developmental offering for athletes leading into spring play, age groups will be determined as follows:

8U - players born between 8/31/17 and 9/1/15

10U - players born between 8/31/15 and 9/1/13

12U - players born between 8/31/13 and 9/1/11

14U - players born between 8/31/11 and 9/1/09 or if older, still in 8th grade

FAQs**When is the stick skills season?**

The sessions will run on Sundays from 10:30 a.m. – 11:30 a.m. and Wednesdays from 6:30 p.m. – 7:30 p.m. from August 13th through October 11th. The dates are as follows:

August 13th and 16th

August 20st and 23th

August 27th and 30th

September 3rd and 6th

September 10th and 13th

September 17th and 20th

September 24th and 27th

October 1st and 4th

October 8th and 11th

Where will the sessions be held?

Hamilton Proper Park (southeast corner of 116th St. and Hoosier Rd.)

What gear do I need?

Players are required to attend in full gear which includes a helmet, shoulder pads, elbow pads, gloves, mouthguard, stick and a protective cup.

What if I have additional questions?

If you have any questions about the program, please feel free to reach out to hsefishersboyslacrosse@gmail.com. If you have any questions or concerns in regards to your participant's development as a player or are looking for drills they can be doing on their own, please reach out to jacobmills10@gmail.com.



Franciscan Health is a proud partner of Mudsock Youth Athletics. Open in Carmel, our Franciscan ExpressCare is ready to see you for all your urgent care needs. We treat minor illness and injuries in-person or virtually. No appointment needed. Walk-ins welcome! For more information or to launch a virtual urgent care visit, go to FranciscanExpressCare.org and Get in. Get out. Get better!

