



Mudsock Girls Lacrosse

2024 Season



Meijer is pleased to support Mudsock Youth Athletics in its mission of bringing sports to local kids. As a family company, Meijer aims to enrich the lives of families in its community. By sponsoring youth sports programs like Mudsock, Meijer gets to support local kids as they learn valuable life skills, build friendships, get active and, most importantly, have fun!

Mudsock Youth Athletics' mission is to promote character development, leadership, and physical fitness. Mudsock Girls Lacrosse is a developmental league welcoming athletes with various skill levels, from beginner to experienced.

Who Can Play

We offer lacrosse for any athlete currently enrolled in a Hamilton Southeastern School from grades 1st through 8th or who has an address located within the Fishers, IN city limits (some rules apply based on private school selection, if you have questions regarding residency/school please email the board at hsefishersgirlslax@gmail.com).

For families that are interested in seeing what Mudsock Girls Lacrosse is about, please plan to attend our "Try It Day" on January 21, 2024, at Mojo-Up Fieldhouse (Finch Creek). This is a free event, and all equipment will be provided. If you plan to attend or have any additional questions, please email hsefishersgirlslax@gmail.com.

Registration Fees

Open Spring registration will be held during the month of January 2024. Registration will be accepted online at www.myathletics.com. Spring fees (early bird pricing) will be as follows:

- \$50 – 8U (registration fee includes a Mudsock Lacrosse T-Shirt).
- \$125 – 10U (registration fee includes a Mudsock Lacrosse T-Shirt and shorts).
- \$175 – 12U, 14U (registration fee includes a Mudsock Lacrosse T-Shirt and shorts).

There will be a multi-player discount available for families registering three or more children. Early bird pricing will be available during the month of January. Beginning February 1st, registration fees will increase.

Refunds

January 1 – February 15 – Refund after \$38 non-refundable is subtracted.

February 16 – March 15 – 50% refund after \$38 non-refundable is subtracted.

March 16 – March 31 – 25% refund after \$38 non-refundable is subtracted.

After March 31 – No refund.

Participants who sustain an injury prior to the start of the season will only be granted a refund with supporting documentation from a physician. If documentation from a physician is not provided, no refund will be given. Any injury that occurs during the season does not qualify for a refund of any amount.

Deposits

A \$75 uniform deposit and \$75 (for one child) or \$100 (for 2+ children) volunteer deposit will be collected at the start of the season. Please note, **the volunteer deposit only applies to U12 and U14 families**. Both deposits will either be returned, or checks destroyed once uniforms are turned in at the end of the season and the family volunteer hour requirement (3 hours) is fulfilled. Volunteer opportunities are exclusive to coaching and the state tournament. Thank you!

Season Information

Our season starts in Mid-March and runs through the end of May.

- We start our season on March 10th at Mojo-Up Fieldhouse for our indoor practices.
- All outdoor practices will start after Spring Break.
- 10U, 12U and 14U will have ~ 2 practices a week for ~ 1.5 hours and 8-10 games per season.
- Home games will be held at Cyntheanne Park.
- There will be some city-wide travel (Brownsburg, Westfield, etc) for away games.
- Most games will be held on Wednesday and Friday evenings or Sunday afternoons.
- 8U will meet 1x a week for 7-8 sessions on Sunday late afternoons and will be structured skill stations and small sided scrimmage play. U8 will start the second week of April.
- We finish out the season with our annual IYLA State Tournament on May 18th.

8U Offering – Discover the Exciting world of Lacrosse!

Our 8U offering is an opportunity for girls aged 6-8 who are eager to learn and enhance their scooping, cradling, passing, and catching skills in a weekly skills clinic format. As we move through spring the season, we will have some friendly scrimmage opportunities within our club and with neighboring clubs, giving you a chance to put your skills to the test in a supportive environment.



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](#).

USA Lacrosse Number

All players must have a current USA Lacrosse number. Visit <https://www.usalacrosse.com/membership> for more information and to register for a number. Player number cost is NOT included in the cost of the program fee and is \$30.

Team Structure

8U = under 8 (6 & 7 year olds) as of Sep 1, 2023

10U = under 10 (8 & 9 year olds) as of Sep 1, 2023

12U = under 12 (10 & 11 year olds) as of Sep 1, 2023

14U = under 14 (12 & 13 year olds & 14 years old if in 8th grade) as of Sep 1, 2023

Equipment

All players will need the following:

- Girls Lacrosse stick
- Mouthguard (cannot be white)
- Girls Lacrosse Goggles (SEI certified to the current **ASTM lacrosse standard F3077**)
- Cleats (optional)

Equipment can be purchased at Play it Again Sports, Dicks Sporting Goods, Empire Lacrosse or online lacrosse retailers. Watch our website or your email for information on Dick's Sporting Goods Girls Lacrosse Appreciation Day for 20% off in-store and be on the lookout for deals at the Fishers Play It Again Sports store.

Parent/Guardian Volunteering

There are many places to volunteer your time. We are always looking for help (outside our 12U and 14U families) to coach or volunteer for the IYLA State Tournament in May. This tournament requires many hands to make this a successful event every year. To inquire about any of these volunteer opportunities, or if you require further information about volunteering, please email hsefishersgirlslax@gmail.com

Connect With Us

hsefishersgirlslax@gmail.com

Instagram: @HSE.FishersGirlsLAX

Twitter: @HSEFishersGLax

Facebook: @HSE/Fishers Girls LAX



Franciscan Health is a proud partner of Mudsock Youth Athletics. Dr. Joseph Richardville, sports medicine specialist with Franciscan Physician Network, is now seeing patients in Carmel. Dr. Richardville provides a full-spectrum of care for the whole athlete, from pre-participation physicals, evaluating injuries and concussion testing to recommending proper sports nutrition, athletic training, physical therapy and surgical services. For more information, visit FranciscanHealth.org/sportsmedicine. To schedule an appointment, call 317-781-1133.