



Mudsock Boys Lacrosse Stick Skills

Fall 2026 Training



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!

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 also have drills for the specialists (goalies and faceoff). 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 registration for fall will be held during the month of May 2026. Registration will be accepted online at myathletics.com. Fall fees will be as follows:

- \$110 per player
Beginning June 1st, registration fees will increase and the league may close registration or move divisions to a waitlist at any time. There will be a multi-player discount available for families registering three or more children.

Refund Policy:

For the fall 2026 season, the refund policy will be as follows:

May 1 – June 15th – Full refund minus the \$50 non-refundable MYA processing fee

June 16th – July 15th – 50% refund minus the \$50 non-refundable MYA processing fee

July 16th – July 31st – 25% refund minus the \$50 non-refundable MYA processing fee

After July 31st – No refund

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

Divisions:

Players who are enrolled in K through 8th grade in the Fall of 2026 are eligible to participate in the Fall Stick Skills program.

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

The sessions will run on Wednesdays from 6:30pm-7:30pm. from August 12 through October 7. The dates are as follows:

Aug 12th

Aug 19th

Aug 26th

Sept 2nd

Sept 9th

Sept 16th

Sept 23rd

Sept 30th

Where will the sessions be held?

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

What equipment 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. See below for reference:

BOYS' FIELD PLAYER EQUIPMENT

Required Equipment

- 1. HELMET**
 - » Statement/seal indicating it meets NOCSAE lacrosse standard performance specification and SEI certified
- 2. FIELD PLAYERS CROSSE (Stick)**
 - » Short Crosse - 40-42"
 - » Long Crosse - 52-72"
 - » 10U and younger has allowances for shorter stick lengths (please reference the USA Lacrosse Boys' Youth Rules Book).
- 3. GLOVES**
 - » Hand must be fully inserted in glove
- 4. SHOES**
 - » Athletic cleats or athletic shoes
- 5. PROTECTIVE CUP**
 - » Fitted for comfort & protection
 - » Garments to improve comfort include: supporters, all-in-one briefs & combinations of both
- 6. ARM PADS**
 - » Elbow should be properly & completely covered
- 7. SHOULDER PADS**
 - » Covers top of shoulder, collarbone & sternum
 - » Should fit comfortably; adjust by loosening/tightening straps
 - » NOTE: NOCSAE ND 200 compliant shoulder pads will be mandatory as of January 1, 2022
- 8. MOUTHGUARD**
 - » Must be visible color other than clear or white
 - » Self-molding (from manufacturers) or custom-molded (from dentist)

Optional Equipment

- 9. RIB PADS (NOT SHOWN)**
 - » Covers the ribs and kidneys; adjust by loosening/tightening straps
 - » Should fit comfortably, not restricting breathing



What if I have additional questions?

If you have any questions about the program, please feel free to reach out to hsefisherslacrosse@gmail.com.