



U14/15
Girls BLK

U13 Girls
BLK

G5/6
Girls

G7/8
Girls

G2 Girls
Group 1

U14/15
Boys BLK

U14/15
Boys
ORG

U12 Girls
BLK

Monday
Travel 4:30-6:00
Rec 5:00-6:00

AMERICAN
LACROSSE ACADEMY

Onalfo Field

Diniz Field

Prospect Ridge

Prospect Ridge



G3/4
Boys

G5/6
Boys

Monday
Travel 6:00-7:30
Rec 6:00-7:00

G2 Girls
Group 2

U12 Girls
ORG

U12 Boys
BLK

U12 Boys
ORG

Diniz Field

Onalfo Field

AMERICAN
LACROSSE ACADEMY

Prospect Ridge

Prospect Ridge



G3/4
Girls

G1 Girls
Extra
Training

Wednesday
Rec 5:00-6:00

G2 Boys
Group 1

Diniz Field

Onalfo Field

AMERICAN
LACROSSE ACADEMY

Prospect Ridge

Prospect Ridge



Kindergarten
Boys & Girls

Diniz Field

G2 Boys
Group 2

G1 Boys
Extra
Training

G7/8
Boys

Onalfo Field

AMERICAN
LACROSSE ACADEMY

Wednesday
Rec 6:00-7:00



Tuesday/Thursday

Travel 4:30-6:00

U10 Boys
ORG

U14/15
Girls BLK

U10 Girls
ORG

Diniz Field

U14/15
Boys BLK

U14/15
Boys

U11 Girls
ORG

U12 Girls
BLK

Onalfo Field

U13 Girls
BLK

AMERICAN
LACROSSE ACADEMY

U11 Boys
BLK

U11 Boys
ORG

Prospect Ridge

Prospect Ridge



U10 Girls
BLK

U10 Boys
BLK

Tuesday/Thursday
Travel 6:00-7:30

U10 Girls
WHT

Diniz Field

U9 Girls
ORG

U9 Boys
BLK

U9 Girls
BLK

U12 Girls
ORG

U11 Girls
BLK

Onalfo Field

U12 Boys
ORG

U12 Boys
BLK

AMERICAN
LACROSSE ACADEMY

Prospect Ridge

Prospect Ridge



p



Attacking/Goalkeeping
G2-G5

Friday
Rec 6:00-7:00

Diniz Field

Fitness
G6-8

G2-G4 Travel
Futures/Extra
Training Boys

Prospect Ridge

Prospect Ridge

Onalfo Field

AMERICAN
LACROSSE ACADEMY