

CHARGERS LACROSSE

LAX – FACTS

- Del Val Junior Lacrosse is a member of the NJJLL National Conference, Western Division.
- Teams practice four to six hours per week (except Little Styx and Mites teams).
- Clinic through Varsity teams are competitive travel teams.
- Clinic through Varsity teams play twelve to sixteen games during the season.

FOR MORE INFORMATION VISIT



www.delvallacrosse.com



Del Val Junior Lacrosse
P.O. Box 218
Milford, New Jersey 08848

delvallax@yahoo.com

www.delvallacrosse.com

DEL VAL JUNIOR LACROSSE

BOY'S PROGRAM INFORMATION

2010 SEASON



CHARGERS LACROSSE



Entering its 9th season of play in the highly competitive New Jersey Junior Lacrosse League (NJJLL), the Del Val Chargers Boys Lacrosse Program has established itself as one of the fastest growing youth lacrosse programs in Western - Central New Jersey.

Founded on the principles of Sportsmanship and Honor for the Game of lacrosse, the Del Val Chargers Organization has introduced the sport of lacrosse to young men in communities throughout the Delaware Valley Regional High School District.

The Del Val Chargers Program continues to hold to its original mission; Growth of the sport of lacrosse in the Del Val area, values associated with a positive athletic experience, teamwork, discipline and a sense of community.

“LITTLE STYX” (K / 1ST GRADE)

The Little Styx Program is a co-ed environment that introduces Lacrosse to young players in our community. The Little Styx Program does not engage in NJJLL competitive play.

- FUN!
- Develop player interest.
- Introduction of basic skills using fiddle sticks and soft balls.
- Once a week time commitment.
- No equipment purchase required.

“MITES” (2ND GRADE)

The Mites Program is an environment that introduces Lacrosse to young players and stresses skills development. The Mites Program does not engage in NJJLL competitive play.

- FUN!
- Develop player interest.
- Introduction of basic skills using actual lacrosse sticks and hard balls.
- Minimal time commitment.

“CLINIC” (3RD / 4TH GRADE)

The Clinic Program offers an introduction to competitive, travel lacrosse.

- Further development of basic skills (throwing/catching/scooping).
- Player positions are rotated.
- Introduction of game rules.
- FUN!

MINORS (5TH GRADE)

The Minors Program begins the movement towards team based, competitive, travel lacrosse.

- Proficiency of basic skills.
- Player positions may be rotated.
- Introduction to team concepts.
- Attendance based playing time.

MAJORS (6TH GRADE)

The Majors Program stresses positional play for the transition to upper level competitive, travel lacrosse.

- Player positions should be selected.
- Higher level defensive and offensive schemes are introduced.
- Starting positions based upon attendance and effort.

JUNIOR VARSITY (7TH GRADE)

The JV Program continues player preparation for upper level, competitive, travel lacrosse.

- Coaches may move players to a position.
- Attendance / effort based playing time.

VARSITY (8TH GRADE)

The Varsity Program is designed to enhance player's skills and prepare them for the transition to DVR High School Lacrosse.

- Highly competitive travel lacrosse within the NJJLL.
- Full time commitment required.