



Ultimate Sports & Entertainment™

September 2, 2010

Dear SportsQuest Lacrosse Fall League Participant:

**Deadline for online
registration is Sept 6th**

Welcome to SportsQuest Lacrosse!

Come check out the Q on Monday, September 6th and join us in a free stick work clinic from 1-2pm for all ages, levels for both boys and girls!

Thank you for signing up to train in our inaugural *SPORTSQUEST FALL LACROSSE LEAGUE @ the Q*.

- League registration/check in will begin the week of September 13, 2010.
- Girls/Women will practice on Mondays: 6:30pm – 8pm beginning Sept 13th
- Boys/Men will practice on Thursday: 6:30pm – 8pm beginning Sept 16th
- First games will be played on Sunday, Sept 19. Full schedule available online by Sept 8th.

Look forward to attending free clinics in all positions with former college standouts and experienced coaches!

Go to [SportsQuest Lacrosse](http://SportsQuestLacrosse.com) for direct access to SportsQuest Lacrosse.

Mark your calendars for the following tournaments that are included in your participation:

- October 30 - U13, U11 and U9
- November 6-7 - OPEN, U19 and U15

Each player will be required to purchase the SportsQuest Lacrosse reversible for \$25, which will be available for pick-up and purchase the first week of practice.

- You are expected to have full legal equipment with you along with mouth guard.
- Goalies must bring their own gear and get FREE voucher for indoor season (Dec 10-Feb 11)
- Cleats are recommended for play; however turf/sneakers will be acceptable.
- BRING A WATER BOTTLE with you. Water and ice for injury will be made available.

Q address is: 13030 Genito Road, Midlothian, VA 23112. Visit: SportsQuest.biz for directions.

Your parents, friends and family are more than welcome to stay and watch you play. We encourage positive sportsmanship from our players and their families.

If there is questionable weather (thunderstorm) then please visit the lacrosse website at Sportsquest.biz or call 804.595.theQ (8437) for a voicemail.

If you are having trouble with on-line registration, please call or email Sue Murphy.

Yours in Lax,

Sue Murphy,
Executive Director, SportsQuest Lacrosse



2010 SPORTSQUEST FALL LACROSSE LEAGUE

REGISTER ONLINE NOW!

DATES:

September 13 - November 19

DIVISIONS	GENDER	AGE/GRADE	BIRTH DATE	COST
• OPEN	Men & Women	Adult	post high school	\$ 159
• U19	Men & Women	High School	1/1/91-12/31/94	\$ 159
• U15	Boys & Girls	Junior Varsity	1/1/95-12/31/96	\$ 159
• U13	Boys & Girls	Youth	1/1/97-12/31/98	\$ 159
• U11	Boys & Girls	Youth	1/1/99-12/31/2000	\$ 129
• U9	Boys & Girls	Youth	1/1/2001 & under	\$ 129

A player can register as an individual or can request a team/school. If no request for a particular team/school, an individual will be assigned to a SQ league team based on age and experience.

INCLUDES:

- OPEN, U19, U15 and U13 - One game per week, One 1.5 hour practice per week and One tournament @ the Q weekend of November 6-7 (U13 will play in Middle School tournament on Saturday, October 30, not the November 6-7 weekend)
- YOUTH divisions of U11 and U9 will practice one 1.5 hour practice per week, participate in one modified developmental practice/game per week and take part in a Middle School tournament @ the Q on Saturday, October 30th.

Each player will be required to purchase the SportsQuest Lacrosse reversible, which is \$25 and will be available for pick-up or purchase the first week of practice. Lacrosse shorts are available for purchase, but are not mandatory uniform.

SportsQuest Lacrosse has excellent benefits:

Free clinics to Fall Lacrosse League participants with college standouts - dates & times available soon

INCLUSIVE SPORTSQUEST TOURNAMENTS @ THE Q:

- October 30, 2010 - U13, U11 and U9 tournament included in your Fall league registration
- November 6-7, 2010 - U19 and U15 tournament included in your Fall league registration

We will expect our SQ teams to compete in our tournament as assigned by League play.

ALL divisions will end by week of November 19 (play continues after tournaments).

SCHEDULE:

We will play games on Sundays between the hours of 3-9pm. Mondays from 6:30-8:00pm the girls/women will practice. Thursdays from 6:30-8:00pm the boys/men will practice. If teams are low in attendance, a clinic format will allow for development at all levels.

LOCATION:

The SportsQuest first 9 synthetic fields with lights are scheduled to open on Labor Day. This East Campus first phase is located off Route 288 between Genito & Powhite Parkway. Directions will be made available at www.sportsquest.biz

COACH VOLUNTEERS:

If interested in becoming a SQ Lacrosse Coach, please contact Executive Director Sue Murphy at smurphy@sportsquest.biz or 804-385-9842