



Cookeville Middle School Lacrosse Program



Fact Sheet

- New to the sport? No problem! Our program begins in Middle School
- Two teams: 5/6 Grade and 7/8 Grade
- Practice at Cookeville High School – Monday, Tuesday and Thursday 4-5:30PM
- Field practice begins in February
- Game schedule begins after Spring Break and runs through April
- Games are on Saturdays with most at home but we do travel to Nashville, Knoxville and Chattanooga
- Coaches will strive to make sure each player is allowed at least one quarter of playing time during games
- Cost for the season is \$85 which covers U.S. Lacrosse membership and includes insurance coverage, referee fees, field rental and uniforms
- Equipment is NOT provided. Equipment needed are helmet, stick, gloves, arm pads, shoulder pads, mouth guard and protective cup (cup is not mandatory but recommended) – consult with Coach Snider for your equipment questions, he's happy to answer your questions
- Equipment costs can be as inexpensive as \$100 by purchasing used equipment and watching for sales online
- Go to our web site and watch a video about the sport:
http://www.cookevillelax.org/mid_school.php

Lacrosse – The Fastest Game on Two Feet!

<http://www.cookevillelax.org>

Resources for Equipment

Online:

- www.lacrosse.com – Great Atlantic Lacrosse
- www.lax.com
- www.sportsop.com
- www.ebay.com

Local Sources:

- Lacrosse Nashville – www.lacrossenashville.com
- Play It Again Sports – Cool Springs
- Dicks Sporting Goods – Cool Springs (Mt. Juliet store has limited Lacrosse gear)
- Hibbetts – Cookeville
- Dunhams - Cookeville