

## BOYS & GIRLS SELECT TEAMS

### Youth and Middle School Players

FLG Lacrosse's youth teams are a fundamental part in the growth and development of young players. Our teams commit to a year-round practice schedule and travel to tournaments up and down the East Coast. From an early age, our players understand the dedication and hard work necessary to move up through the FLG program and eventually on to the collegiate level.

### High School Players

FLG Lacrosse's High School Select Teams are comprised of highly talented, dynamic athletes from across Long Island. Similar to our youth teams, high school players are committed to a year-round practice schedule, as day-to-day improvement is extremely vital at **every level** of the FLG program. Teams are also given the opportunity to compete in premier recruiting showcases throughout the nation. At FLG, we aim to build more than just athletes; members are provided with recruiting assistance, community service opportunities, extracurricular activities and lacrosse development, all to help players reach their maximum potential.

Alumni from the FLG Long Island Select Teams have been invited to play at and attend some of the most prestigious universities and colleges in the country.



## COMMUNITY SERVICE

From walks that raise money for cancer research, to adopting a family for the holidays, and now through our Lax4All program, FLG Lacrosse believes in giving back. FLG's student athletes, or studletes, not only learn about lacrosse, sportsmanship and teamwork, they also learn valuable life lessons and the importance of community service.

## MISSION

FLG Lacrosse is committed to building well-rounded, student-athletes who excel on the field, in the classroom and in their communities. Through lacrosse, FLG teaches its members valuable skills, such as leadership, teamwork, friendship and a good work ethic, that are important in every aspect of life. Off the field, FLG players are taught the importance of giving back, partaking in various charities, mentoring and community service events. Since its inception in 2007, the FLG organization has successfully used lacrosse as a foundation to build more than just athletes.



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**FOR THE LOVE OF THE GAME**

## Tryouts

FLG's tryouts are designed to select the best talent. The drills used in the tryouts are from the FLG Lacrosse Curriculum and are intended to test the player's ability to make decisions in different aspects of the game. Our highly knowledgeable evaluators assist in the selection process.

## Organizational Meetings

Organizational meetings are a chance for parents and players to get together and meet their coaches for the first time after being selected to play for FLG. A one-hour PowerPoint presentation by the FLG staff explains the program's philosophies, events, practices, tournaments and vital topics.

## Recruiting Seminar

Our recruiting seminar assists FLG Select players and their parents by providing helpful information on the college recruiting process. FLG alumni who have gone on to Division I, II, III and MCLA schools, are on-hand to discuss their own recruiting experiences and offer advice. During the seminar, parents and players are free to ask questions about the recruiting process, lacrosse, school, life and much more.



## Positional Clinics

At the FLG Positional Clinics, it's all about progression. This six week clinic series explores the nuances of five different positions (face-offs or draws, goaltending, close and long stick defense, midfield and attack). Each week, we build on skills taught the session prior to ensure a solid foundation of understanding and development.

## Box League/Clinics

The FLG box lacrosse training allows players to expand their knowledge of the game by exposing them to all styles of play. Over an eight-week period, players from 3rd through 12th grade will have an opportunity to work on a variety of abilities, such as picking, screening, cutting and scoring off rebounds, skills they may not normally focus on. The first four to five weeks are run like a clinic with drills, hands-on coaching and game play. The box tournament takes place during the final three to four weeks, concluding with Championships and an All Star Game on the last day.

## Youth Winter Clinics

The FLG Winter Youth Clinics are all about development. We create a fun and interactive atmosphere for boys and girls ranging from kindergarten to 5th grade to start developing their hand-eye coordination, movement and space awareness skills. At the clinics, young athletes learn the basics of the game and familiarize themselves with lacrosse concepts through creative, traditional, and age-appropriate drills.

FLG Select and Non-FLG Select players are welcomed to sign up and train with some of the best coaches in lacrosse.



## FLG Summer Camp

FLG Lacrosse was founded on the goal to get boys and girls across Long Island to fall in love with the sport. At FLG Camp, a one-week summer day program, campers experience a fun, creative opportunity to work

on fundamentals and skills in an encouraging and positive atmosphere. The camp is split into teams with campers competing throughout the week to earn points for their team. At the end of each day, our counselors recap the team's performance and announce the FLG Lacrosse Camper of the Day.

## FLG Boys Youth Tournament

FLG Lacrosse has put together a highly competitive and fun weekend for 3rd through 8th grade teams. Some of the best young talent from the tri-state area and east coast meet at Mitchell Field to kick off the Summer Lacrosse Season.

## FLG in 3D

Two of the country's premier lacrosse clubs, 3D Lacrosse and FLG Lacrosse, have joined forces to present FLG in 3D Recruiting Tournaments (Summer & Fall Showcases). Top club teams from different regions of the country spend a weekend competing against each other in a high-level tournament that includes college coaches from Divisions I, II and III, All-Star Games in each division, vendor village— all in a quality tournament set in beautiful surroundings.

# Building More than Just Athletes