



2025 (5th) **2024** (6th) **2023** (7th) **2022** (8th)

Long Island

FLG Select Team Tuition (All-Inclusive)



See next page for full [details...](#)

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Tryout Information:

Location: Breezy Park, 19 W Rogues Path, Huntington, NY 11746

Date & Time (2024 & 2025) : Tuesday August 15th , 4:00 – 6:00 PM

Date & Time (2022 & 2023): Monday August 14th , 6:00 – 8:00 PM

Date & Time (2022): Wednesday August 16th , 6:00 – 8:00 PM

Date & Time (2023): Wednesday August 16th , 4:00 – 6:00 PM

Practice Locations:

Fall: Cold Spring Harbor High School (82 Turkey Ln, Cold Spring Harbor, NY 11724)

Spring & Summer: LIU Post (720 Northern Blvd, Brookville, NY 11548)

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**Grow your game.
All year.**

1	Team Building Event
6 Hrs	Positional Training Session
6 Hrs	Fusion Training Sessions
12 Hrs	Small Group Training Sessions
25-32 Hrs	Team Practices
1 to 2	Fall Tournaments
10 Hrs	Indoor Box Lacrosse Training Sessions*
10.5 Hrs	Spring Training Sessions
2 to 3	Spring Play Days
4 days	FLG Summer Camp (2025 – 2023)
1	FLG Premier or Legit Showcase (2022)
3 to 4	Summer Tournaments
13-20 Hrs	Goalie Training Sessions
13-20 Hrs	Face-off Training Sessions

*Open to General Public

All FLG Select Players will train in FLG's Box Lacrosse Training Program. Using FLG's Box Lacrosse methodology, players will work on [all facets of the game](#) in an authentic roller hockey rink.



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The best gear in the sport.



Custom Sublimated Game Day Shirt



Custom Sublimated reversible game jersey



Custom Screened Reversible practice piney with Game Number



Custom Sublimated Practice Gear

The best gear in the sport.



Custom Training Fleece Pant



Custom Hoodie and Pant Set



Custom Long Sleeve Tee with Number

FLG has 1 team in each age group to ensure quality play and coaching. This gives us an opportunity to develop each player, team, and eventually guide families through the recruiting process.



You are joining a **Lacrosse Program**, not a lacrosse team.

Coaching from all perspectives.

Teams include 2 experienced lacrosse coaches at practices, training sessions, and during game play. Never will you show up at a practice with someone who doesn't know the FLG Training Methodology or someone you don't know. Additionally, players will train with FLG's full-time Directors throughout the year. Our goal: Get the best training and get better every time you step on the field.

Call us, we'll pick-up.

FLG is one of the only Programs in the sport of lacrosse that has a full-time staff on call 24/7. If you call us, we'll pick up. Send us an email, we'll reply. Shoot us a text, we'll get back. FLG is on call to give your family a great experience throughout the year.

Give back.

Through FLG's Lax4all Program, we offers numerous lacrosse related Community Service opportunities to FLG Select Team members. Come put a stick in a child's hands for the first time, help set-up fields at a free clinic, or donate your time to those in need. Help FLG spread the game to all.

Expand your game.

Every FLG Select player will receive a year-end typed evaluation from their coach. Use those evaluations to prepare for next years tryouts, elevate your game, develop your leadership skills, and get motivated to be the best you can be.

FLG's mission is to build more than just athletes aka **studletes**. A studlete is one who takes what they learn on the field and applies it to the classroom/life, vice versa.



You are joining a **Lacrosse Program**, not a lacrosse team.

Join the Community.

Alumni from the FLG select teams have been invited to play at and attend some of the most prestigious universities and colleges in the country. Our Alumni give back to the FLG Program by attending our Recruiting nights, working FLG related events, mentor students in the current FLG Program, and serve as positive role models for the future stars in the sport.

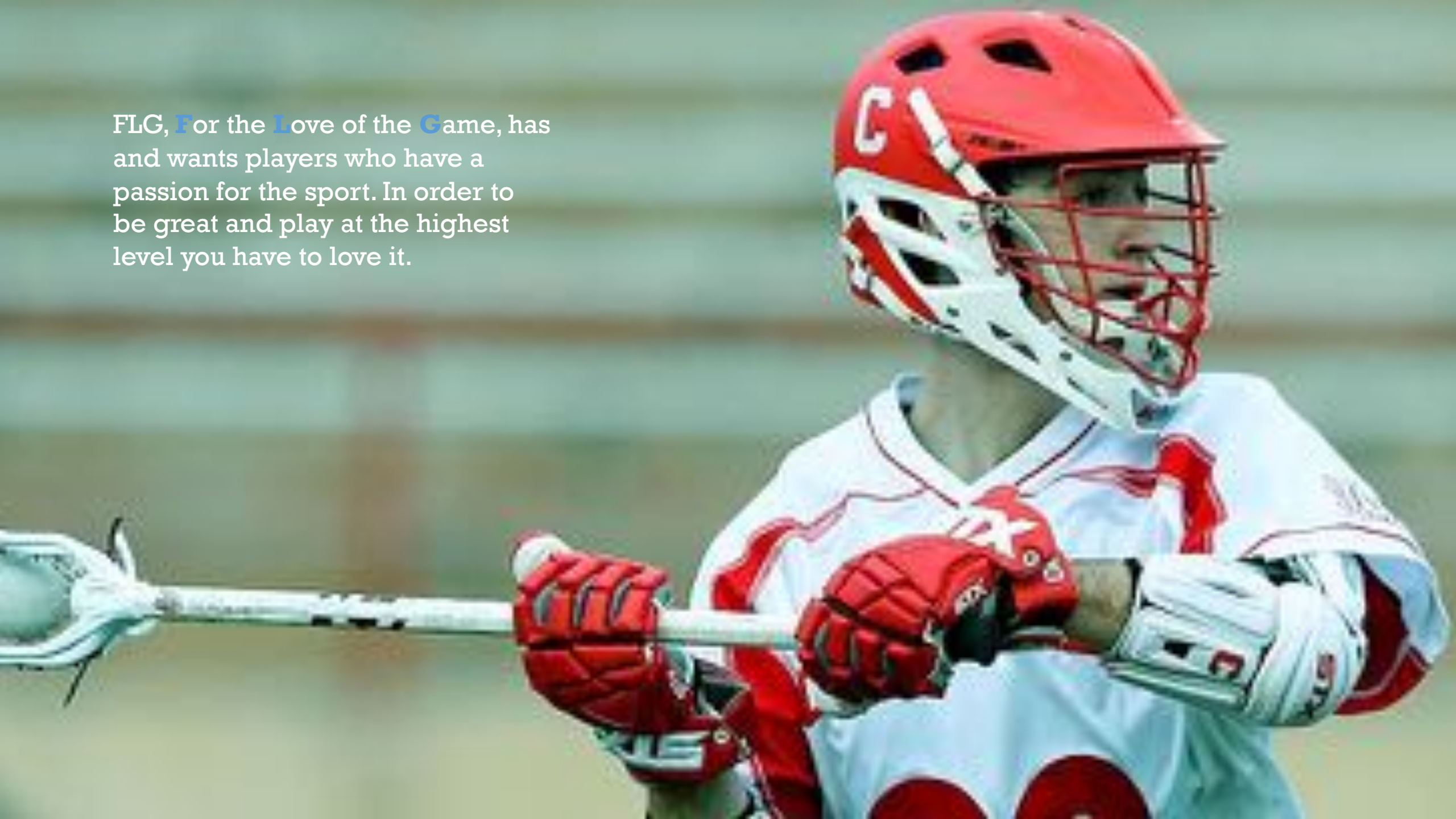
All for one and one for all.

FLG's goal is for every player to receive equal playing time. If you are dedicated to FLG's year round schedule, work hard at each FLG related event, then you will play just as much as your team members. We want all members of the team to support all individual members of that group. We practice together, we play together, we compete together.

Play FLG. Get Recruited.

Every FLG Select Player, ages 8th grade and up, will receive a yearly membership to lacrosse recruits, the ultimate online recruiting platform in the sport. Players will receive complimentary recruiting assistance and guidance throughout the recruiting process. Additionally, FLG attends and **hosts** the top individual/team recruiting showcases in the nation.

FLG, For the Love of the Game, has and wants players who have a passion for the sport. In order to be great and play at the highest level you have to love it.



Sponsors



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Upon selection to team, you pay a

\$900

Initial registration fee

**+ 10 Monthly Payments of
\$300**

September to June 2018

FLG Select Team Tuition (All-Inclusive)

\$3,900

Plus a 1.5% processing fee