



2022 (9th) **2021** (10th) **2020** (11th)

FLG Long Island

FLG Select Team Tuition (All-Inclusive)



See next page for full **details...**

FLG's Girls Select Team Program was established in 2008. Since its inception, we've grown each year. Last year, we had 8 girls Teams, 6 Nassau & 2 Suffolk.



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FLG Long Island

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Be the Best. Love this game.

- 1 Team Building Event
- 1 Team Orientation at FLG HQ
- 20+ Team Practices
- 15+ Position Specific Training Sessions*
- 1 Boys/Girls Premier Showcase*
- 1+ Fall Team Recruiting Tournament
- 1 FLG Recruiting Night
- 8 Indoor Box Lacrosse Training Sessions*
- 4 Summer Team Recruiting Tournaments

***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.

2028 (3rd) **2027** (4th) **2026** (5th) **2025** (6th)

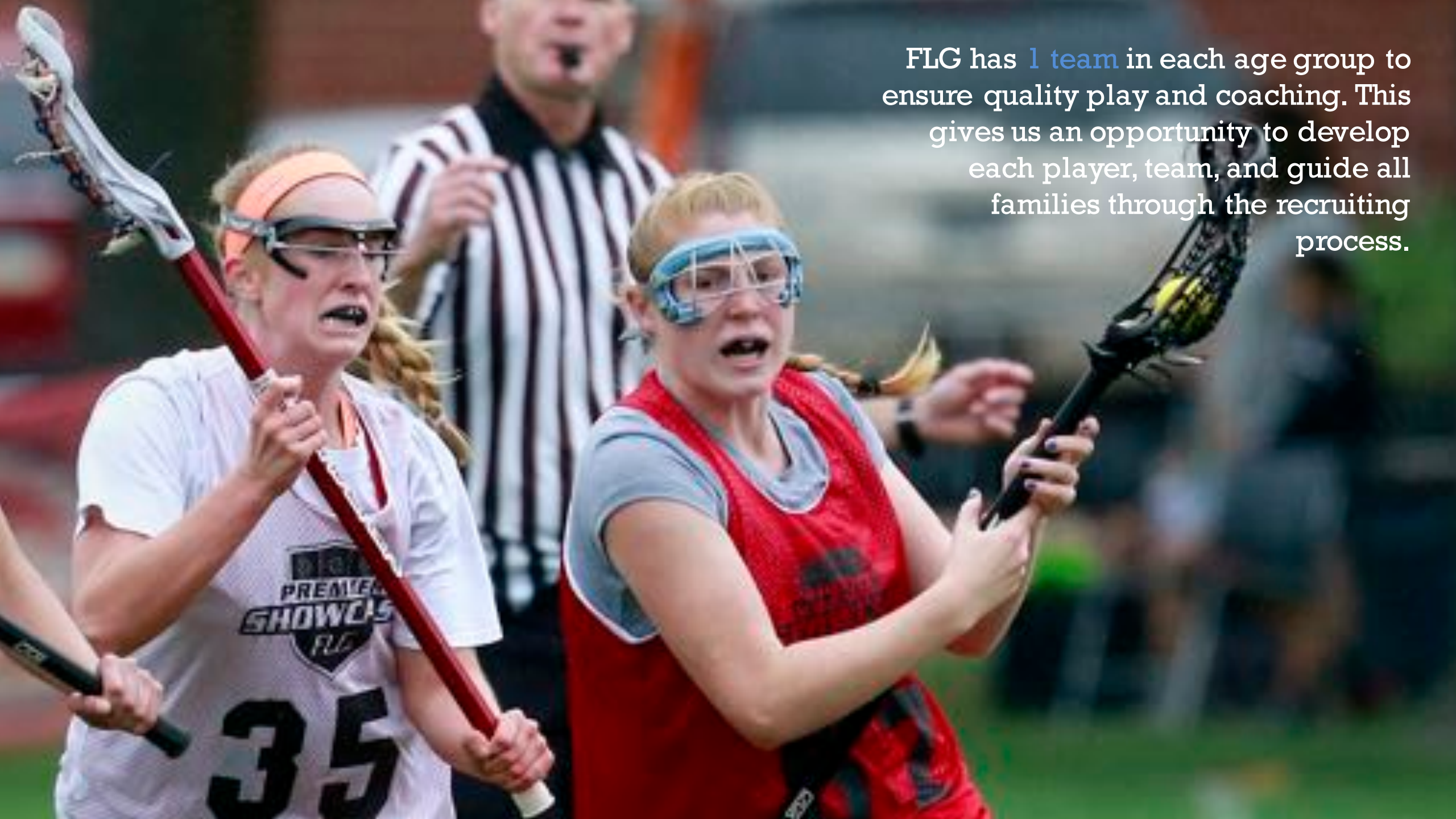
Long Island

FLG Select Team Tuition (All-Inclusive)

The fresh gear you get.

- Custom Sublimated reversible game jersey
- Custom Sublimated Game Short
- Custom Short-sleeve Retro Tee
- Custom Short-sleeve Trainer Tee
- Custom Short-Sleeve Tech Tee
- Custom Sublimated Long-Sleeve Shooting Shirt
- Custom Training Hoodie
- Custom Training Fleece Pant
- Custom FLG Headband





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 guide all 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.

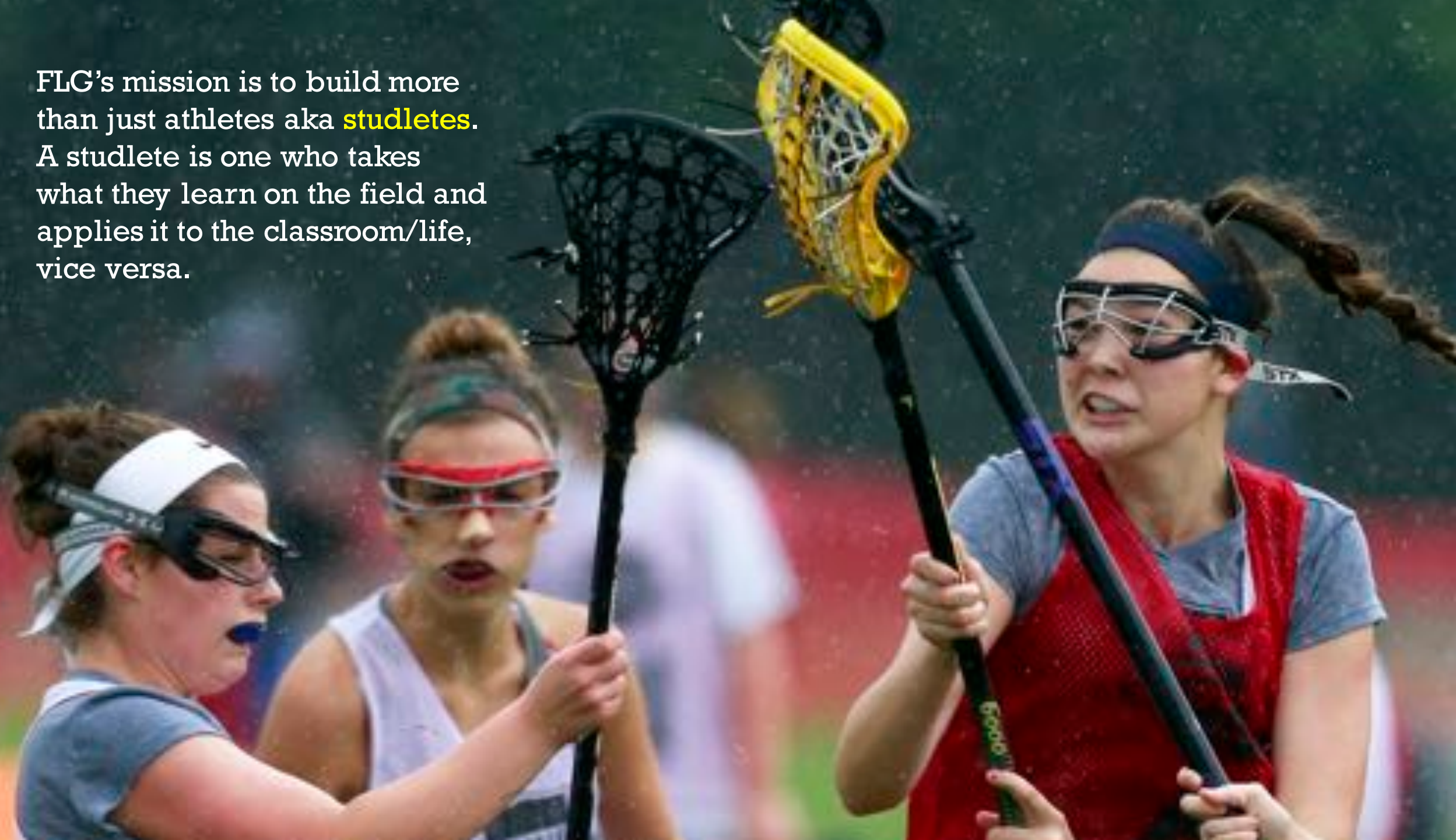
Give back.

Through FLG's Lax4all Program, we offer 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.



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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 studletes 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.

1 on 1 Recruiting

All rising seniors or early HS aged recruits in the FLG Program are eligible for a 1 on 1 meeting with the FLG Directors and Recruits Coordinators. In these meetings we will dive deep into how to engineer the best possible recruiting process for your family.



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

We Work With the Best in the Game

lacrosserecruits.com



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FLG Long Island

FLG Select Team Tuition (All-Inclusive)

Upon selection to team, you pay a

\$595

initial registration fee

+ 10 Monthly Recurring Payments of

\$200

September to June 2019

FLG Select Team Tuition (All-Inclusive)

\$2,595