



**2026** (7th) **2025** (8th)

**FLG Select Team Tuition (All-Inclusive) See next page for full **details** ...**

## Quick Facts About FLG:

- All FLG Select Teams, boys and girls of all ages, **practice in Huntington.**
- We have an **HQ on Main Street in Huntington's Village**, stop in anytime
- The 1<sup>st</sup> FLG select team started in **2006**
- **Corey Winkoff is the program leader** of all FLG Select Teams
- FLG has a **full-time staff of 4 people**, w/ a team of 5-10 seasonal interns
- Our mission is to **build more than just athletes** through lacrosse
- FLG is working towards **AA & A Teams in every age group.**

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# Training & Tournaments Included

## Fall/Winter

- 8 practices
- 1 tournament
- 6 hours of Bubble Training
- 8 Box sessions
- 12 positional specific training sessions

## Spring/ Summer

- 9 spring practices
- 8 summer practices
- 4 /5 summer tournaments
- 4 day summer camp

## Better Training. Better Experience.

FLG Select teams will kick off the year with a team-building event and team-orientation at the FLG HQ in Huntington's Village. Players will train, develop, and compete all-year round starting in September, and ending in July of 2021. Our comprehensive training programs and elite coaching staff, gives players an opportunity to develop all aspects of their game quickly and efficiently.

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## FLG Virtual Experiences Included

- Digital hangouts with your select teams and coaches
- Virtual film sessions w/ FLG directors.
- Organizational meetings for parents to get updates on the program
- Backyard practices skills, drills, and tips players can do on their own to get better
- Celebrity hangouts w/ lacrosse stars in the college and professional game



**FLG Select Teams Practice  
Outdoor in the Town of**



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## Look Good, Play Great

- Custom Sublimated Game Jersey
- Custom Sublimated Game Short
- Custom Sublimated Practice Jersey
- Custom Sublimated Practice Short
- 2- Shooting Shirts
- Athletic Custom Full Zipper Jacket
- Athletic Custom Pants



Our select team apparel is **presented by power-tek.**



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

## Coaching from all perspectives.

- Teams include one professional and one junior lacrosse coach 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.

- FLG offers community service opportunities throughout the year. 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. For community service opportunities, be sure to contact FLG Program Leader, Corey Winkoff. Service opportunities are open to FLG select team and non-select members



We are seeking great athletes  
who come from great families.  
At [FLG Lacrosse](#), we are  
building more than just athletes.



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

## Expand your game.

- Every FLG Select player will receive seasonal updates on their game in different areas. Use those evaluations to develop into the best you can be season to season, year to year. Our coaches are open and willing to give feedback whenever players approach them. Ask questions, and our coaches will answer to better expand your game.

## 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, and mentor studletes in the current FLG Program.

## Earn your time.

- FLG's goal is for every player to receive equal playing time during competitions. However, the most dedicated and hard working players will earn the right for more time on the field during competition. Play as much or more than your team members by giving a little bit more.



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.

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## Select Teams

Upon selection to team, you pay a

**\$995**

Initial non-refundable registration fee

+ 10 Monthly Recurring Payments of

**\$130** September, 2020 to June 2021

FLG Select Team Tuition (All-Inclusive)

**\$2,295**