



GENERAL MANAGER

BECKY ELIA

PALAXGIRLS@HEADSTRONG.ORG

WWW.HEADSTRONG.ORG/PENNSYLVANIA-GIRLS/

FALL SCHEDULE

-  1-2 TOURNAMENTS
-  6 WEEKS OF PRACTICES
- 1-2 PRACTICES PER WEEK

WINTER SCHEDULE

-  WEEKLY TRAINING SESSIONS
- INCLUDES SKILLS & DRILLS, SPEED/AGILITY TRAINING
-  OPTIONAL WINTER LEAGUE PLAY

SPRING SCHEDULE

-  OPTIONAL SPRING LEAGUE
-  OPTIONAL CLINICS/CAMPS

SUMMER SCHEDULE

-  3-4 TOURNAMENTS
-  8 WEEKS OF PRACTICES
- TWO PRACTICES PER WEEK

ADDITIONAL BENEFITS

- ELITE COACHING
- GOALIE TRAINING
- RECRUITING INFORMATION
- INVOLVEMENT IN LOCAL COMMUNITY

ABOUT

- Developing student-athletes since 2006
- Directly support the mission of the HEADstrong Foundation
- Uniforms provided
- Multiple payment plans available

MISSION

- Provide resources for players to maximize their experiences and opportunities in the sport of lacrosse, all while supporting the mission of the HEADstrong Foundation



The HEADstrong Foundation is a 501 (c) (3) nonprofit organization whose mission is to help improve lives affected by cancer.

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