ALPHA
YOUTH
LACROSSE

Spring Rec Season Information

February 16th, 2021

IMPORTANT:

Welcome to ALPHA LAX Spring Rec with AFA Lacrosse! After much planning and discussion with our league, ALPHA LAX is ready to Kick-off on February 20th!

Changes and Updates:

- **One Change this week for our 8U program. Practice will be at SPORTHQ Grass field from 1:00 - 2:30 on SATURDAY, 2/20. This field tends to drain and dry better, and we want to keep our young ones out of the mud as much as possible.**
- **10U and 12U practice at 1:00 - 2:30 at Apex Community Park on SUNDAY, 2/21.**
- **14U practice at 2:30 - 4:00 at Apex Community Park on SUNDAY, 2/21.**
- **Check Out our NEW LOGO pictured above!**

GENERAL INFORMATION:

- Practices for all teams begin on weekends only the weekend of February 20th. Each team will practice once a week until the week of March 22nd when weeknight practices will be added for our 10U, 12U and 14U teams. Please see the detailed practice and game day schedule for your age group.
- There will be FOUR playdays this season (March 20, March 27, April 17, April 24). Each team will play 2-3 games per play day.

- Since there will be fewer playdays for 10U, 12U, and 14U than in prior seasons, we have reduced the season cost for those teams.
- Playday locations and times have not been finalized, please keep the entire day open for possible games. Field availability issues means that some playdays may be in the morning hours while others may be in the afternoon.
- Please remember that our coaches are all high school and college coaches and players and that our practice schedules may be affected by weekday game changes at the local high schools. We will do our best to make up/reschedule any missed practices.
- Loaner Pinny's will be assigned to all athletes before our first game day. Please indicate your athlete's size on the information form.
- 8U and 14U groups have TWO teams each. Rosters will be assigned based on address information to facilitate carpool. At 14U, skill level will also be considered in order to balance teams.

Practice Schedules ALL TEAMS:

Practice Schedule 8U:

Fields: ACP (Apex Community Park - 2200 Laura Duncan Road, Apex) AND SportHQ Grass (107 Edinburgh S. Dr. Cary)

U8 Practice Schedule

*NOTE DAY AND LOCATION CHANGE FOR PRACTICE on 2/20 and BEGINNING 3/21

**Game times and locations will be released in early March.

Date	Time	Location	Event Type
Saturday, 2/20	1:00 - 2:30	SPORTHQ GRASS (107 Edinburg S. Dr., Cary)	Practice
Saturday, 2/27	1:00 - 2:30	Apex Community Park Field	Practice
Saturday, 3/6	1:00 - 2:30	Apex Community Park Field	Practice
Saturday, 3/13	1:00 - 2:30	Apex Community Park Field	Practice
Saturday, 3/20	Times TBD according to schedule	Location TBD according to schedule	Playday (2 games)
Sunday, 3/21	1:00 - 2:30	SPORTHQ Grass field	practice
Saturday, 3/27	Times TBD according to schedule	Location TBD according to schedule	Playday (2 games)
Sunday, 3/28	1:00 - 2:30	SPORTHQ Grass field	practice
Saturday, 4/3	SPRING BREAK	SPRING BREAK	SPRING BREAK
Sunday, 4/4	SPRING BREAK	SPRING BREAK	SPRING BREAK
Saturday, 4/10	SPRING BREAK	SPRING BREAK	SPRING BREAK
Sunday, 4/11	1:00 - 2:30	SPORTHQ Grass field	practice

Saturday, 4/17	Times TBD according to schedule	Location TBD according to schedule	Playday (2 games)
Sunday, 4/18	1:00 - 2:30	SPORTHQ Grass field	practice
Saturday, 4/24	Times TBD according to schedule	Location TBD according to schedule	Playday (2 games)
Saturday, 5/1 POSSIBLE MAKEUP GAME DAY	Times TBD according to schedule	Location TBD according to schedule	Playday (2 games)

Practice Schedule 10U and 12U:

Fields: ACP (Apex Community Park - 2200 Laura Duncan Road, Apex)

U10 and U12 Practice Schedule

*NOTE - WEEKDAY PRACTICES BEGIN MARCH 24 to allow for enough daylight

**Game times and locations will be released in early March.

Date	Time	Location	Event Type
Sunday, 2/21	1:00 - 2:30	Apex Community Park Field	Practice
Sunday, 2/28	1:00 - 2:30	Apex Community Park Field	Practice
Sunday, 3/7	1:00 - 2:30	Apex Community Park Field	Practice
Sunday, 3/14	1:00 - 2:30	Apex Community Park Field	Practice
Saturday, 3/20	Times TBD according to schedule	Location TBD according to schedule	Playday (2 games)
Sunday, 3/21	1:00 - 2:30	Apex Community Park Field	practice
Wednesday, 3/24	5:00 - 7:00	Apex Community Park Field	practice
Saturday, 3/27	Times TBD according to schedule	Location TBD according to schedule	Playday (2 games)
Sunday, 3/28	1:00 - 2:30	Apex Community Park Field	practice
Wednesday, 3/31	5:00 - 7:00	Apex Community Park Field	practice
Saturday, 4/3	SPRING BREAK	SPRING BREAK	SPRING BREAK
Sunday, 4/4	SPRING BREAK	SPRING BREAK	SPRING BREAK
Wednesday, 4/7	SPRING BREAK	SPRING BREAK	SPRING BREAK
Saturday, 4/10	SPRING BREAK	SPRING BREAK	SPRING BREAK
Sunday, 4/11	1:00 - 2:30	Apex Community Park Field	practice
Wednesday, 4/14	5:00 - 7:00	Apex Community Park Field	practice

Saturday, 4/17	Times TBD according to schedule	Location TBD according to schedule	Playday (2 games)
Sunday, 4/18	1:00 - 2:30	Apex Community Park Field	practice
Wednesday, 4/21	5:00 - 7:00	Apex Community Park Field	practice
Saturday, 4/24	Times TBD according to schedule	Location TBD according to schedule	Playday (2 games)
Saturday, 5/1 POSSIBLE MAKEUP GAME DAY	Times TBD according to schedule	Location TBD according to schedule	Playday (2 games)

.Practice Schedule 14U:

Fields: ACP (Apex Community Park - 2200 Laura Duncan Road, Apex)
U14 Practice Schedule (BOTH TEAMS)
*NOTE - WEEKDAY PRACTICES BEGIN MARCH 25 to allow for enough daylight
**Game times and locations will be released in early March

Date	Time	Location	Event Type
Sunday, 2/21	2:30 - 4:00	Apex Community Park Field	Practice
Sunday, 2/28	2:30 - 4:00	Apex Community Park Field	Practice
Sunday, 3/7	2:30 - 4:00	Apex Community Park Field	Practice
Sunday, 3/14	2:30 - 4:00	Apex Community Park Field	Practice
Saturday, 3/20	Times TBD according to schedule	Location TBD according to schedule	Playday (2 games)
Sunday, 3/21	2:30 - 4:00	Apex Community Park Field	practice
Thursday, 3/25	5:00 - 7:00	Apex Community Park Field	practice
Saturday, 3/27	Times TBD according to schedule	Location TBD according to schedule	Playday (2 games)
Sunday, 3/28	2:30 - 4:00	Apex Community Park Field	practice
Thursday, 4/1	5:00 - 7:00	Apex Community Park Field	practice
Saturday, 4/3	SPRING BREAK	SPRING BREAK	SPRING BREAK
Sunday, 4/4	SPRING BREAK	SPRING BREAK	SPRING BREAK
Wednesday, 4/7	SPRING BREAK	SPRING BREAK	SPRING BREAK
Saturday, 4/10	SPRING BREAK	SPRING BREAK	SPRING BREAK
Sunday, 4/11	2:30 - 4:00	Apex Community Park Field	practice

Thursday, 4/15	5:00 - 7:00	Apex Community Park Field	practice
Saturday, 4/17	Times TBD according to schedule	Location TBD according to schedule	Playday (2 games)
Sunday, 4/18	2:30 - 4:00	Apex Community Park Field	practice
Thursday, 4/22	5:00 - 7:00	Apex Community Park Field	practice
Saturday, 4/24	Times TBD according to schedule	Location TBD according to schedule	Playday (2 games)
Saturday, 5/1 POSSIBLE MAKEUP GAME DAY	Times TBD according to schedule	Location TBD according to schedule	Playday (2 games)