



**Junior Development Lacrosse (JDL)** is a recreational program focused on **Safety, Fun & Player Development**, while learning the fundamentals of lacrosse. This is our 3<sup>rd</sup> year offering Jr. Development Lacrosse to the 4<sup>th</sup> – 8<sup>th</sup> grade boys and girls in the Southern part of St. Johns County. Here are some of the program highlights:

**Divisions of play:** Assignments based on grade, size and ability



- ★ **Girls Lightning** – 4<sup>th</sup> & 5<sup>th</sup> grade (Monday practice, Saturday games)
- ★ **Girls Senior** – 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade (Monday & Thursday practice, Saturday games)
- ★ **Boys Lightning** – 4<sup>th</sup> grade (Tuesday practice, Saturday games)
- ★ **Boys Thunder** – 5<sup>th</sup> grade (Tuesday practice, Saturday games)
- ★ **Boys Junior** – 6<sup>th</sup> & 7<sup>th</sup> grade (Tuesday & Thursday practice, Saturday games)
- ★ **Boys Senior** – 7<sup>th</sup> & 8<sup>th</sup> grade (Monday & Thursday practice, Saturday games)

- ★ **No Standing Around:** Games last approximately one hour with participants playing all positions on the field, providing maximum opportunity for playing time
- ★ **Learn the Game:** This program is a full contact (boys), competitive program focused on the fundamentals of the sport and learning multiple positions, rather than just winning or losing.
- ★ **No Traveling:** All practices and games will be held at Joe Pomar Park on Masters Drive.
- ★ **Limited Cost:** \$100 fee per child, \$25 off each additional. \$75 for reduced lunch & \$50 for free lunch.
- ★ **Full Season:** March 26<sup>th</sup> – May 21<sup>st</sup>, with practice starting on **Saturday March 5<sup>th</sup> with a PAL lacrosse clinic / equipment issue day.** Total of eight games, ending with **PAL STARZ SHOOTOUT 3** on May 21<sup>st</sup>.
- ★ **Participation:** Limited to **124 boys & 60 girls** on a first come, first serve basis.

**Formal Registration Dates!!!**

- ★ **Monday Jan 31<sup>st</sup>, 3pm – 7pm @ Prosperity Bank Community Center, 790 N. Ponce DeLeon Blvd, St. Augustine, FL 32084 (Returning PAL participants only)**
- ★ **Tuesday Feb 1<sup>st</sup>, 3pm – 7pm @ Murray Middle School cafeteria, 150 N. Holmes Blvd (Open Registration)**

For more information visit [www.stjohnspal.org](http://www.stjohnspal.org) or contact St. Johns PAL at 904-829-9438.

