

NEW JERSEY  
**EMPIRE**  
 LACROSSE CLUB

# 2019 Team : Save the Dates

**2017-18 SEASON: INCLUDED IN YOUR MEMBERSHIP**

## ON-FIELD

### WINTER

**Focus:** Stickwork + Skill Sessions  
**Location:** Sports Domain Academy - Clifton

**Time:** 7:00pm - 8:00pm  
**Dates:** January 3, 10, 17, 24, 31

### SUMMER

#### PRACTICES

**Location:** Mahwah H.S. or Torne Valley Sports Complex

**Time:** 5:00pm - 6:30pm

**Dates:**

Week 1: June 4, 5, 6, 7  
 Week 2: June 13, 14  
 Week 3: June 19, 20, 21  
 Week 4: June 26, 28  
 Week 5: July 5, 6  
 Week 6: July 10, 12

#### TOURNAMENTS

**Tournament 1 (Tune-Up):**  
 Sunday, June 10: NJ Lax Festival (1 Day)  
**Tournament 2:**  
 Sunday, June 17: Lehigh Lax Fest (1 Day)  
**Tournament 3:**  
 Sat-Sun: June 23-24: Trilogy Rider (2 Day)  
**Tournament 4:**  
 Sunday, July 8: Yale Bulldog Bash (1 Day)  
**Tournament 5:**  
 Sat-Sun: Jul 14-15: Trilogy Providence (2 Day)

## OFF-FIELD

### DECEMBER

*Holiday Food Drive*  
 Date: 12/20/17  
 Time: 5:30pm-7:30pm  
 Location: SDA Clifton

### JANUARY

*Recruiting Seminar*  
 Date: TBD

### SPRING

*Community Event*  
 Date: TBD

### MAY

*Team Meeting*  
 Date: TBD

### ADDITIONAL TRAINING OPTIONS: NOT INCLUDED IN YOUR MEMBERSHIP

#### WINTER

Advanced Positional Training: February 7, 14, 21, 28 @ SDA Clifton, NJ

#### SUMMER

Academic Aces Showcase: June 11-13 @ Goucher College, MD