

NEW JERSEY  
**EMPIRE**  
 LACROSSE CLUB

# 2023/2024 Team : Save the Dates

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

## ON-FIELD

### WINTER

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

**Time:** 6:00pm - 7:00pm  
**Dates:** January 3, 10, 17, 24, 31

### SUMMER

#### PRACTICES

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

**Time:** 6:30pm - 8:00pm

**Dates:**

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

#### TOURNAMENTS

**Tournament 1:**  
 Sunday, June 10: NJ Lax Festival (1 Day)  
**Tournament 2:**  
 Saturday, June 16: Future Legends (1 Day)  
**Tournament 3:**  
 Sat-Sun: June 23-24: Trilogy Rider (2 Day)  
**Tournament 4:**  
 Sat-Sun: July 7-8: Lake George Invitational (2 Day)

## OFF-FIELD

### DECEMBER

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

### 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

Millbrook NY Overnight Camp: July 16-19 @ The Millbrook School, NY  
 Surf + Lax Camp: July 30 - August 2 - Location TBA (NJ)