



# Program Details

The Academy is structured into 3 sessions:

**Spring:** We will not compete with community programs. We will only be having "Pro Skills" sessions with the visiting professional lacrosse players. The dates for this are:

## Academy Pro Skills Session Dates

**Saturday evenings will be: (Lightning and Bantam teams)**

**Sundays evenings will be: (Youth and Junior teams)**

**Feb 7<sup>th</sup> & 8<sup>th</sup>**

**Feb 21<sup>st</sup> & 22<sup>nd</sup>**

**Feb 28<sup>th</sup> & Mar 1<sup>st</sup>**

**Mar 28<sup>th</sup> & 29<sup>th</sup>**

**April 4<sup>th</sup> & 5<sup>th</sup>**

**April 18<sup>th</sup> & 19<sup>th</sup>**

**Summer:** Beginning of May to mid June we will practice 3 times a week. The last two weeks of June we will have tryouts for the Select Travel Teams.

In July the kids will be split into teams and practice for 3 more weeks 3 times a week. The last week in July we will be taking the Select Teams to a National Tournament.

In August the kids will practice for 3 more weeks 3 times a week. The last week in August we will be taking the Select Teams to a National Tournament.

All summer the teams will be scrimmaging amongst the other Academy teams, we will also enroll all the Academy teams in the Prestonwood summer league and finally we will have other Select Travel teams come in from out of the area to play our Academy teams. The schedule is not set yet... more details will follow.

**Fall:** We will take off September; let the kids get back into school. In October, all the teams will practice once a week for 6 or 7 weeks getting ready for the local Lone Star Shootout tournament held here in Dallas over the Thanksgiving Weekend. Then we let the kids rest for December... and if you chose to re-register... it starts back up in February 2010 with the "Pro Skills" sessions!