

Head Coach
Ryan Swiatkowski



www.uticalax.org

Remind Texts:
"@19uticalax" to 81010

We are a club sport which began in March of 2011. Lacrosse is a spring sport that is played from March to June. This will be our sixth full season as a Utica High team.

Pre-Season Conditioning

Information regarding conditioning, for players not playing a winter sport, will be communicated via the team web site.

Needed Equipment

Players need to supply a helmet, mouth guard, cup, gloves, sticks, shoulder & elbow pads and cleats.

Practices & Games

Practices, starting in March, will be from 5:00-7:00 behind UHS. We hope to play all of our games on Swinehart Field.

Fund-Raising

We have not participated in fund raising in the past. Our registration fees cover all needed expenses and you won't be asked for additional funds during the season.

Club vs. Team

The big difference is the financial responsibility taken on by the district. We are a self-sustained organization with help from the district and the UHS athletic boosters.

Registration & Fees

Registration for the 2019 season will be \$300.00. The \$225.00 registration fee pays for coaches' salaries, officials, trainer's fees, and other costs to run the team. It also includes an apparel item for each player. The additional \$75.00 pays for team dinners, and the end of the season party. It is our number one goal to not ask for any additional monies or items during the season.

Communication

With players coming from five different buildings, communication is our biggest challenge. Please make sure we have your contact information and that you are aware of the many different forms of communication we utilize: email and Remind texts - both adults and kids.