



# Inver Grove Heights Lacrosse

## TRY LACROSSE FOR FREE

March 14, 9-9:45 am, VMCC - 7yo and younger

March 14, 9:45-10:30 am, VMCC - 8yo +

March 22, 8-9:30 am, West Saint Paul Dome - All ages

Contact: [ighlacrosse@gmail.com](mailto:ighlacrosse@gmail.com)

Registration: Not needed

## GIRLS LACROSSE OPPORTUNITIES

### Spring Training Clinic (\$95)

<https://invergroveheights.maxgalaxy.net/BrowseActivities.aspx>

Designed for new and experienced players in grades 1-8. Clinic practices take place Tuesdays and Sundays on the turf at the Veterans Memorial Community Center starting Tuesday, March 31st through April 28th.

### Competitive Summer League <https://www.ighla.com/page/show/3734316-registration>

Girls from Inver Grove Heights, Eagan, West Saint Paul, and Mendota Heights will compete in the Minnesota School Girls Lacrosse Association Summer League. Practices and games will take place during weekday evenings. Girls will participate in the State Tourney in Woodbury, Aug. 1-2.

## BOYS LACROSSE OPPORTUNITIES

### Indoor Spring Lacrosse <https://www.ighla.com/page/show/3734316-registration>

U6 (Co-Ed), U8, and U10 developmental and competitive game opportunities at the Eagan Civic Center turf.

### Competitive Summer League <https://www.ighla.com/page/show/3734316-registration>

Boys from Inver Grove Heights and Mendota Heights Lacrosse Associations will compete in the Youth Lacrosse Minnesota League. Practices and games will take place during weekday evenings with 1 or 2-weekend tournament (depending on age/level).

Date of Birth	Level	Grade	Boys Spring Cost	Boys & Girls Summer Cost
09/01/13 - 08/31/14	6U (Co-ed)	Kindergarten	\$50.00 (Co-ed)	\$75.00
09/01/11 - 08/31/13	8U	1st & 2nd	\$75.00	Boys \$225   Girls \$75
09/01/09 - 08/31/11	10U	3rd & 4th	\$100.00	\$235.00
09/01/07 - 08/31/09	12U	5th & 6th	\$200.00	\$245.00
09/01/05 - 08/31/07	14U	7th & 8th	High School	\$255.00