

El Dorado Hills Youth Lacrosse

Looking for a new, exciting sport for your kids to play that's just as fun to watch?



Look no further than EDH Youth Lacrosse (LAX)!

Lacrosse (LAX) is the fastest growing sport on the United States. Our club, EDHYLAX, is entering our **17th** season and has grown year over year. We are the largest Lacrosse club in our region.

The way kids fall in love with lacrosse isn't the way kids fall in love with basketball, or football, or even soccer. There isn't a generational love of the sport that they picked up from their parents. They haven't grown up watching games with their friends. Oftentimes, their journey begins out of mere curiosity. And yet, lacrosse is the fastest growing sport in the country.

Fast paced, energetic, and cardiovascular, this is a contact sport* where players use the head of a lacrosse stick to carry, pass, catch and shoot the ball into the goal. Protective gear is worn by both girls* and boys.

- **Open to Girls and Boys ages 6-14 years old.**
- **Lacrosse season runs from January thru May.**
- **Registration is open during the month of October.**
- **Players of ALL experience levels are welcome!**



For more info, check out our website at
www.edhylax.org

**Girls Lacrosse does not allow body contact. They do allow stick to stick contact. Girls wear eye goggles only. Boys and goalies wear full protective gear i.e.: helmet, shoulder pads, elbow pads, gloves, etc.*

El Dorado Hills Youth Lacrosse is a 501 (c)(3), non-profit youth sports organization located at
3941 Park Drive, Suite #20, 145, El Dorado Hills, CA.
This program is not affiliated with Rescue or Buckeye Union School Districts.