

### **What is the Lightning Lacrosse Club?**

The club is a not-for-profit organization committed to providing children in our area the chance to play the sport of lacrosse.

### **Who can join the Lightning Lacrosse Club?**

Everyone throughout the coulee region. All are welcome to join and play regardless of where you live or what school you attend.

### **What teams are offered?**

The club offers teams for co-ed under 8, under 10, boys under 12, boys under 14, and new this year, girls 11-14 year olds.

### **Is there a high school team?**

The boys high school team is an area co-op team run by the local high schools (Central, Aquinas, Holmen, Logan, Luther, Onalaska, West Salem). High schoolers should register with their schools. There is not a girls high school team - yet.

### **My child has never played lacrosse, is that OK?**

All kids, regardless of experience level, are encouraged to join. Each year we have many new players at each age group who have never played before, so it is never too late to start.

### **When is the lacrosse season?**

The Lightning season runs from March 22 to June 10. The season kick off is March 22 at 11:30 at Green Island Ice Arena.

### **When and where are practices held?**

U8, U10 and Girls practices will be on Tues and Thursday. The U12 and U14 teams will practice Monday, Wednesday, and Friday. All practices are at Veterans Freedom Park on French Island.

# *Lightning Lacrosse*

## *FAQ 2025/2026*



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Website: [www.laxinlax.com](http://www.laxinlax.com)

USA Lacrosse: <https://www.usalacrosse.com>

Facebook: [La Crosse Lightning Lacrosse Club | Facebook](#)

X: @Lax\_Lightning

### **When and where are games held?**

Games typically held on Saturdays or Sundays from April through the first full weekend in June, with the exception of Easter and Mother's Day weekends. Some travel is involved for away games. Examples of locations include Wisconsin Dells, Rochester, and the Madison area.

### **What equipment is needed to participate?**

All players will need to have their own sticks, mouthguard, and cleats. Participants are offered rental protective gear (pads, gloves, and helmet).

### **How much is it to register?**

Fees for all teams are \$175. Rental equipment is \$50. If you face financial barriers, we may be able to help.

### **How do I register?**

Registration is available on our website by clicking on "Register Here" in the upper right corner. You will be prompted to get your membership with USA Lacrosse. Follow remaining steps to complete.

### **What does the registration fee go to?**

The club is a not-for-profit organization, so all the money collected through fees and fundraising goes back to the club to cover costs. Costs include, but not limited to, referees, coaching salaries, uniforms, protective gear, team equipment, insurance, practice space, and tournament fees.

### **Where can I find more information about the club?**

Email the club or visit our website. You can also find us on Facebook, Instagram, You Tube, and X.