



2025-26 Outlaws Travel Team Program Overview

Club and Team Philosophy

We are committed to operating an organization focused on the development and success of our athletes while making that experience affordable and accessible. The goal is to provide the resources and a pipeline to get our girls the skills they need to be successful in lacrosse, and if it is their ambition, to ultimately find success at the collegiate level. Outlaws is a 501c3 organization and is parent-run and coach-operated.

2025-26 Season Commitment

The Outlaws Travel Teams follow a traditional travel team approach. Teams will compete in a full tournament schedule (3 fall and 3 summer tournaments). Skill development and mastery of position play will be the focus of these teams. Programming will run from September 7th through November 23rd (fall) and from May 15th through July 19th (spring/summer). Clinics, select team tournaments, indoor league at CNYFSC and the strength and conditioning program will be optional and incur an additional cost.

The Travel Team requires a full-time commitment to the practice and tournament schedule from athletes and their families. Athletes and families should anticipate and commit to participating in a minimum of 90% of team practices and tournaments.

Practice Schedule

Outdoor practices are held at Santaro Park (4979 Velasko Road, Syracuse). Indoor practices are held at the Ultimate Goal (3800 Lee-Mulroy Road, Marcellus).

| | <u>Sunday</u> | <u>Tuesday</u> | <u>Thursday</u> |
|---|----------------|----------------|---------------------|
| Fall Sept. 7 - Oct.19 (Santaro) 27, 28, 28/29, 30/31 Travel Teams | 9:30-11:00 AM | | 5:30-7:00 PM |
| Fall Sept. 7 - Oct. 19 (Santaro) 26 Travel Team and ACADEMY | 11:15-12:45 PM | | |
| Fall Oct. 26 - Nov. 23 (Ultimate Goal) 27, 28, 28/29 Travel Teams | TBD | | TBD |
| Fall Oct. 26 - Nov. 23 (Ultimate Goal) 26 and 30/31 Travel Teams | TBD | | TBD (30/31 ONLY) |

| | | | |
|---|----------------|--------------|---------------|
| Winter Indoor League Oct. - March (CNYFSC) 26, 27, 28, 28/29 HS Travel Teams (optional) | | | TBD by CNYFSC |
| Spring/Summer * May 17 - July 19 (Santaro) 27, 28, 28/29, 30/31 Travel Teams | 9:30-11:00 AM | 7:00-8:30 PM | 7:00-8:30 PM |
| Spring/Summer* May 17 - July 19 (Santaro) ACADEMY | 11:15-12:45 PM | | 5:30-7:00 PM |

**No practice on July 5th.*

Travel Team Program Fees

Program fees will be inclusive and include all aspects of the membership, tuition, and tournaments (with the exception of select tournaments, clinics or special projects). Program Fees cover annual expenses, weekly practices, facility rentals, equipment, coaching fees, uniforms (practice pinnie, shooting shirt, game jersey and game shorts), insurance, and overhead.

Program Fees for 2025-26 are:

2026: \$800 (Fall ONLY)

2027: \$2,400

2028 Pink: \$2,400

2028/2029 Black: \$2,200

2030/2031: \$2,200

Goalie Fee (all travel teams): \$600

- Program fees do not cover select tournaments, clinics, special projects, individual recruiting programs, indoor league(s) at CNYFSC or the strength and conditioning program. Should additional tournaments be added to the annual schedule, associated fees would be split among those players attending.
 - Select Tournaments: The cost of attending a national or regional showcase or select tournament will be shared among the players attending. See below for more information.
- Where applicable, a multiple-child discount of 10% is applied to program fees. Goalies or siblings of goalies are not eligible for the multi-child family discount due to the already reduced rate of the goalie tuition. Families that have a compensated player or a player on scholarship are not eligible for a multi-child discount.

- A payment plan is available. \$1000 of the program fees are due at registration and the remaining balance is due on or before October 15th. A late fee of \$50 per month will be assessed for any unpaid tuition balances. Any athlete with an outstanding balance will not be able to participate in any tournaments or practices until their balance is paid in full. Any athlete with an outstanding balance after December 1st will be dismissed from the program. No refunds will be given.
- Scholarships are available. Please send us an email detailing the parameters of the request and amount of support needed. Scholarships are limited and the amount of support is determined by the number of requests we receive.
- A valid US Lacrosse membership is required to participate in Outlaws. The annual fee is \$30. The registration link is provided below and you will be asked for your US Lacrosse number at the time of registration.

<https://membership.usalacrosse.com/login>

- **Athletes must register, hold a valid US Lacrosse membership, and have paid the initial deposit of \$1000 of the program fees to participate or practice.**
- 2025-26 Covid-19 Refund Policy: Should the programs' activities be suspended due to Covid-19, or other unforeseeable act, through any directive from state or local officials and not be conducted for the remainder of the season, a refund will be issued to program participants. The refund will consist of the amount of program fees paid to date pro-rated (up to the date of the suspension) with the exclusion of any incurred annual overhead costs withheld.

Tournaments

Each team will participate in a minimum of three tournaments in the fall and three tournaments in the spring/summer. For tournaments further than a 90-minute drive (travel tournament), a team hotel will be designated, and a group rate established. Team members are encouraged, but not required, to stay at the team hotel whenever possible and asked to attend any evening or pre-tournament activities as scheduled.

For each tournament, participating families will be asked to sign-up to help with logistics on competition days by providing a food, beverage, or serving item to support the athletes and coaches throughout the day. When possible, all age-appropriate Outlaws teams will be registered for the same tournaments.

Should a team be short on players for any given tournament, guest players or younger team members may be asked to help complete rosters of the team above their age group. Head coaches will identify potential players based on position and skill set needed to fill any vacancies for that tournament. No team will participate in a tournament without a minimum of 14 confirmed players and 1 goalie.

Should opportunities for additional tournament play and clinics come available in the winter or in August, we will bring those to your attention and gauge interest and availability among individual teams, but families can feel confident in making other commitments during those periods.

Select Tournaments: Outlaws may field a select team of players identified via an informal tryout from among our 11th, 10th and 9th graders. This team may play in an additional tournament. The cost of attending the select tournament will be shared among the players attending. The tournament schedule will be announced, and each athlete will be asked to confirm their participation. The cost of the tournament will be divided amongst the confirmed participants. If an athlete is unable to participate in the tournament following confirmation and invoicing, no refund will be issued. If a tournament is cancelled, all registered participants will be refunded the team entry fees and expenses as refunded by the tournament organizer. Tournament fees include coaching expenses and tournament entry fees. Fees generally range from \$200-\$300 per tournament per athlete. Transportation and lodging expenses are the responsibility of the individual athlete.

[Tentative 2025-26 Practice/Tournament Schedule](#)

Participation

Attendance at practice is required unless it conflicts with a school sanctioned activity or you have an extenuating family circumstance. Athletes who commit to our program, are committing to the success of the entire team. Practice schedules will be provided well in advance of each season and family commitments should be scheduled accordingly. Please communicate with head coaches if a conflict arises.

For tournaments, 90% attendance means missing one tournament day per year is acceptable- missing a two-day event places undue pressure on the rest of the team to cover a tournament so please plan to attend all two-day events on the tournament calendar. Please RSVP in the Crossbar app for all tournaments and practices at the beginning of the Fall season and the beginning of the Spring/Summer season.

Please note: The tournament schedule is always subject to change so please set aside weekends during the fall and summer Outlaws season for practice and/or potential tournaments due to possible schedule changes. We do not practice during Thanksgiving week, the 4th of July or the month of August so we ask that you please look to schedule family travel during these blocks.

Playing Time

Everyone will see time on the field. Coaches will use tournament play to test the skills we have been practicing in live game situations. Playing time is distributed to best position the teams to be competitive throughout the tournaments.

Tryouts/ Teams

Tryouts are traditionally held annually in July and teams are selected for the full season: September through July. If a team does not maintain a full roster, the coaching staff will seek to recruit additional players throughout the season as required. Should additional recruitment be necessary, team members will be notified. No guest players are allowed to participate in team practices without advance permission from the head coach.

Uniforms

2025-26 uniforms will include a jersey, shorts, a shooting/practice shirt, and a team pinnie. Order information will be collected at the time of registration. Jersey numbers are awarded based on the order of registration received and an athlete's tenure with Outlaws. Sizing charts are included on the registration portal site.

Additional team gear (ex. backpacks, sweatshirts, baseball hats etc.) is available for purchase at our online store: (A discount code will be shared the first week of September).

<https://teamlocker.squadlocker.com/#/lockers/315000>

Strength and Conditioning Program

Athletes (ages 10 years old and older) are encouraged to participate in our optional strength and conditioning program. Offered through Rampage Strength and Conditioning, athletes will learn the fundamentals of weight training and improve their overall conditioning. Classes are held at 6519 Basile Rowe, East Syracuse. More information can be found at: <https://rampagestrength.com/>

Space is limited and classes fill up quickly so register early. Parents will be notified when strength and conditioning program registration opens for each session. Additional fees will apply to participate in the strength and conditioning program.

Athletes who have taken a prior Rampage class should register for one of the **Elite classes**. Athletes who are new to Rampage, and depending on age, should take either the **Teen A or B class** (ages 14-18) or the **Youth class** (ages 10-13).

College Recruitment

Beginning in 9th grade, our Recruiting Coordinator, Caity Hamilton, will work with individual athletes to help them meet their collegiate goals. Some additional fees may be incurred if families decide to invest in recruiting videos or (outside vendor) recruiting web platforms or profiles.

Weather Policy

Outdoor practices will occur as scheduled - rain or shine. Thunder and lightning will result in a delay of 30 minutes after the last episode. Changes in field conditions related to weather may also impact our ability to practice outdoors as scheduled. Any change in the practice schedule will be communicated at least 2 hours in advance of the practice. We anticipate losing a couple of practices each season to weather and poor field conditions.

Communication

Outlaws uses the Crossbar platform and app for all communications, calendaring, invoicing and registrations. You will receive a separate email upon registration inviting you to join your team app. Your head coach will communicate with you via the app throughout the season.

Covid-19

Outlaws will follow all guidelines as prescribed to the sport of girl's lacrosse and/or club sports as outlined by local, state and federal officials. We will also follow all protocols as outlined by venues where we play or practice- this includes all masking or vaccination guidelines as required by our hosts.

Anyone experiencing Covid-like symptoms or under direction to quarantine following possible exposure to Covid-19, is not permitted to participate or observe team activities. Families should notify head coaches of any illness that prevents participation or could result in team exposure.

Sportsmanship

Our athletes and anyone associated with our program are expected to model good sportsmanship on and off the field. Appropriate conduct includes cheering on our team and supporting our athletes and coaches throughout the day! Some examples of inappropriate conduct include audible criticism of officials and/or other teams/players, and/or coaching from the sidelines. If you see inappropriate behavior, please flag it to one of the board [members](#) present at any tournament. Bad actors will receive a warning and repeat behavior will impact future program participation.

At competitions, our coaches serve as the athletes' representatives and will voice any concerns on behalf of the athletes. Parents and supporters should convey any concerns to a board member who will then deliver the concern(s) to the head coach.

Athlete Maltreatment and Disciplinary Concerns

Athlete maltreatment is a relational problem and does not fit into the Outlaws club construct. In particular, sport and performance bullying can occur from coach to player, parent to player, or player to player, and often takes the form of (1) making unreasonable performance demands of the target, (2) repeated threats to restrict or remove the target's privileges or opportunities, (3) screaming or yelling directed at the target that is unwarranted, (4) repeated and continual criticism of the target's abilities, (5) discounting or denying the target's accomplishments, (6) blaming the target for his or her mistakes, (7) threats of and/or actual physical violence toward the target, and (8) social media or e-mail messages with threats or insults toward the target.

Athletes, parents, or supporters/fans who fail to model good sportsmanship, on or off the field, will be notified of the occurrence by a member of the Board of Directors. Repeat or severe offenders, as deemed by the Board, will be asked to leave the program without a refund.

Lines of Communication

If a program issue or concern arises, bring it to the attention of your team's head coach or your team's parent representative to the Board of Directors. Coach email and phone numbers are accessible through the Corrsbar App by scrolling down on the "Home" tab and clicking the appropriate button under the coach's name. As we work to build the communication and self-advocacy skills of our student athletes, it is important that any questions or concerns related to your athlete are first communicated directly from the athlete to the coach. This is especially important when it comes to questions about player skill development, playing time, progress, etc. It is strongly encouraged that a parent or guardian does not step in until the athlete has communicated with the coach FIRST. Additionally, any concerns or issues

that are NOT urgent or related to player safety should NOT be addressed with a coach until 48 hours AFTER an "incident." For example, a player is confused as to why she started only one game in a three game tournament. 48 hours AFTER the tournament, the player could talk with her coach, and ask why she did not start all three games, or what she can do to have more playing time. A player or parent should NOT approach a coach or board member to complain or question coaching decisions DURING a tournament or practice. As a rule of thumb, questions or concerns should be addressed as follows:

- Step 1: Athlete contacts Coach(es) directly. If not resolved...
- Step 2: Parent/Guardian contacts Coach(es). If not resolved...
- Step 3: Parent/Guardian contacts Board of Directors.

Fundraising

The primary goal of the Outlaws organization is to operate a program that is accessible to all athletes. We will strive to offset program fees with funds raised through our activities and events. Those will include camps, clinics and showcases that are open to the public. Outlaws team members will receive a discounted rate for all events. Funds raised through these events will be applied to all participant program fees for the following year as well as assist with our scholarship fund.

Volunteer Commitment

We ask every family to commit one adult volunteer to help for one day each year. These volunteers will be primarily asked to support our fundraising events. Our volunteer coordinator will share opportunities with families throughout the season as events are scheduled.

Board of Directors

The Board of Directors oversees the implementation of the vision and mission of the Outlaws program as well as operations and fiscal management. Board elections will be held in mid-October of each year and terms run for one year, November 1 through October 31. Please let us know if you are interested in joining the board. <https://www.outlawslacrosseofcny.com/about/board-of-directors/32702>

Finances

One of the commitments the Board of Directors made when we relaunched the Outlaws program was transparency around team expenses. Our goal is to cover expenses on an annual basis and reinvest any profits back into the program. A summary of expenses for the 2024-2025 year (September 1-July 31) is included below for your reference. This year's expenses will be posted on the webpage in August.

| | |
|--|------------------|
| Total Revenue (tuition + fundraising) | \$152,282 |
| Expenditures | |
| Equipment | \$2759.96 |
| Field Rentals | \$21,247.50 |
| Independent Contactors | \$66,000 |

| | |
|---------------------------|---------------------|
| Total Overhead Expenses | \$3977.74 |
| Tournament/Travel Fees | \$47,000 |
| Uniforms | \$10,945.2 |
| Total Expenditures | \$151,930.40 |
| Net Revenue | \$351.60 |

Excess funds will be used to cover our 2025 taxes. Any remaining funds will be set aside in a savings account as a contingency fund for emergencies.

Invoicing

All invoicing and payments will be processed through the Crossbar platform. There are no transaction fees for tuition payments when using an electronic check. As a result, we will no longer accept Venmo payments for tuition. We prefer payment in full but for your convenience also offer the option of two installments (August 5th and October 15th). Goalies and the Fall 2026 team must pay in full at the time of registration.

Refunds

Program tuition is non-refundable after September 7, 2025, the first day of the fall program. All tournament entries, uniform costs, and overhead expenses are realized in August annually. For this reason, tuition is non-refundable after the first practice of the fall season.



Questions? Email us at foreveroutlawslacrosse@gmail.com

Athlete commitments and partial tuition payments are required by 5:00 pm on Tuesday, August 5th.

We will place uniform orders by close of business on Friday, August 8th. They will be shipped directly to your home.

All set and ready to play?

[Please click here to register for a 2025-2026 travel team!](#)