



NASSAU COUNTY POLICE ACTIVITY LEAGUE
FRANKLIN SQUARE /ELMONT UNIT



Director - P.O. Dave Jaskolski

Franklin SQ. P.A.L. Headquarters

640 Hempstead Turnpike, Franklin Square

(Inside Dream Garage, two blocks west of Nassau Blvd next to Walgreens and NEFCU)

516-307-1401

WEBSITE: fselmontpal.com

EMAIL: fspal@optonline.net

LACROSSE

Boys Grade K-2nd Instructional Clinic - FEE \$60.00 Includes 6 sessions & reversible piney will start early to Mid January depending on Gym availability will take place weeknights. Only sticks needed to participate. Sticks will be sold at clinic at a reduced rate.

Boys Grades 1st & 2nd Registration for Spring Team- FEE \$120.00 Includes clinic for FREE. Program runs from January thru June Games begin in April All games are played on Sunday Afternoon with practice one or two nights per week. Each player receives a reversible practice jersey, game jersey and shorts. Each player MUST provide their own equipment (Helmet, Stick, Shoulder pads, Elbow Pads and Glove).

BOYS & GIRLS Grades 3rd thru 6th Spring Team- FEE \$120.00 Program runs February thru June - Each Player (boys / girls) receives a reversible practice jersey, game jersey and shorts. Each Player MUST provide their own equipment (BOYS - Helmet, Stick, Shoulder pads, Elbow Pads and Gloves. GIRLS - Stick and goggles). All Boys spring Lacrosse games will be held on Sundays with one or two practices during week. All Girl's games will be held either on Saturdays or Sundays with one or two practices a week.

Boys Grades 7th & 8th Spring Team -FEE \$120.00 Program runs February thru June. All Games Played on Sundays starting in April.

*****MUST REGISTER BY JANUARY 15th to AVOID \$30.00 Late FEE*****

***** In Order To Register MUST bring copy of Birth Certificate*****

REGISTRATION DATES & TIMES:

Monday thru Thursday 4-6pm @ Franklin Square P.A.L. Headquarters

Tues. 12/14 from 4-9pm @ Franklin Square P.A.L. Headquarters

Tues. 1/11 from 4-9pm @ Franklin Square P.A.L. Headquarters

"IT IS BETTER TO BUILD YOUTH THAN TO MEND ADULTS"

www.ncpal.org

