

# LAKESHORE LACROSSE TEAMS

## PLAYER PROGRESSION

LAKESHORELACROSSE.COM  
@LAKESHORELAX



### INTRO / BEGINNER

AGES 8-14

#### LAKESHORE REC

AN INTRODUCTORY LACROSSE PROGRAM FOR NEW & BEGINNER PLAYERS LOOKING FOR A TEAM ENVIRONMENT TO LEARN AND PLAY LACROSSE. TEAMS PRACTICE 1X A WEEK AND THEN PLAY IN SMALL SIDED SCRIMMAGES 1X A WEEK TO PRACTICE SKILLS AND LEARN TEAM CONCEPTS IN A LIVE SETTING.

**LOCATIONS:**  
CHICAGO  
NORTHBROOK

### INTERMEDIATE

AGES 10-14

#### SPRING SELECT

YOU ASKED, WE ANSWERED! A 5 WEEK SPRING SEASON INTENDED FOR YOUTH AGES TO PLAY AND DEVELOP. SEASON INCLUDES WEEKLY PRACTICES PLUS LEAGUE PLAY TO PROVIDE REAL GAME EXPERIENCE TO PRACTICE SKILLS AND GAIN CONFIDENCE.

\* SPRING SELECT IS INCLUDED IN CLUB DUES FOR OUR LAKESHORE SELECT PLAYERS

**LOCATIONS:**  
OAK BROOK

### INTERMEDIATE

AGES 10-18

#### LAKESHORE SELECT

A COMPETITIVE TRAVEL LACROSSE TEAM EXPERIENCE FOR PLAYERS LOOKING TO DEVELOP SKILLS, PLAY AND HAVE FUN. LAKESHORE SELECT TEAMS RUN OUT OF FOUR PRACTICE LOCATIONS AND COMPETE IN LOCAL TOURNAMENTS THROUGHOUT ILLINOIS, INDIANA AND WISCONSIN.

**LOCATIONS:**  
OAK BROOK  
NORTHBROOK  
LOCKPORT  
NAPERVILLE

### ADVANCED

AGES 12-18

#### LAKESHORE PREMIER ORANGE

GEARED FOR ELITE PLAYERS WHO ARE LOOKING TO PURSUE COLLEGE LACROSSE. ORANGE TEAMS OFFER TOP NOTCH COACHING AND AN ENVIRONMENT THAT PUSHES PLAYERS TO SHARPEN SKILLS AND ENHANCE LAX IQ. THESE TEAMS COMPETE IN TOURNAMENTS THROUGHOUT CHICAGOLAND WITH TRAVEL TO THE EAST COAST 1X EACH SEASON.

**LOCATION:**  
OAK BROOK

### ELITE

AGES 12-18

#### LAKESHORE PREMIER BLUE

OUR HIGHEST LEVEL TEAM OPTION FOR CHICAGOLAND'S BEST, MOST DRIVEN ATHLETES. GEARED FOR PLAYERS WHO ARE ON TRACK TO PLAY DI OR HIGH DII / DIII COLLEGE LACROSSE, OUR BLUE TEAM IS EXPECTED TO PUT IN ADDITIONAL TIME OUTSIDE OF PRACTICE HONING SKILLS. BLUE TEAMS TRAVEL TO THE EAST COAST FOR ALL TOURNAMENT PLAY FOR MAXIMIZED EXPOSURE IN TOP TIER EVENTS.

**LOCATION:**  
OAK BROOK

