

2021 RFH Youth Lacrosse

Please click here to register for 3rd-8th grade lacrosse this spring:

[3rd-8th Grade 2021 Spring Registration](#)



The RFH Youth Lacrosse 3rd grade through 8th grade boys program is available to residents of Rumson and Fair Haven. We are planning a full season of practices and games while maintaining in compliance with NJ COVID restrictions. The grades will begin some pre-season workouts soon with team evaluations in March. From Mid-March through May, we will have a schedule of practices and games, competing with some of the best teams in the state. Games are primarily played on weekends with 2-3 practices per week. There may be exceptions from time to time depending on specific circumstances. In those cases coaches will communicate those details to their respective teams.

At the 3rd -8th grade level, RFHYL offers two levels of participation, Select travel and Local travel. The Select travel is for those players, who at that time, are more developed, and plays a schedule that travels around the state and occasionally out of state. Local travel offers an opportunity for players who are not as developed to develop skills, compete, and find success, against like competition in surrounding towns. Participation on a select team one year DOES NOT guarantee participation on that team in following years. Development and progress are recognized. Every year a portion of the select team roster will turn over.

- Your player's US Lacrosse Membership must be up to date through the end of the spring season, June 15th. You can renew by going to the US Lacrosse web site, <http://uslacrosse.org>, and follow the prompts. We will be announcing our annual equipment day for those needing new equipment shortly.
- If you wish to volunteer for any activity, please let us know. Even if you know little about the game of lacrosse, we can teach you enough to be effective and enjoy it.
- Follow us on instagram at: <https://www.instagram.com/rfhilax/>

Contact **Boys** program: rfhylacrosse@gmail.com

Contact **Girls** program: rfhyouthgirlslacrosse@gmail.com

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