



**2026** (3<sup>rd</sup>) **2025** (4<sup>th</sup>) **2024** (5<sup>th</sup>) **2023** (6<sup>th</sup>)  
**Nassau (516) & Suffolk (631)**  
FLG Select Team Tuition (All-Inclusive)



See next page for full **details...**



FLG's Girls Select Team Program was established in 2008. Since its inception, we've grown each year. Last year, we had 8 girls Teams, 6 Nassau & 2 Suffolk.

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**Raise your play.**  
**All year.**

- 1 Team Leadership Event
- 20 to 25 Team Practices
- 1 Fall Tournament
- 8 Indoor Box Lacrosse Training Sessions\*
- 4 Days FLG Summer Camp
- 3 to 4 Summer Tournaments
- 10 to 15 Goalie Training Sessions

\*Open to General Public



FLG has 1 team in each age group to ensure quality play and coaching. This gives us an opportunity to develop each player, team, and guide all families through the recruiting process.

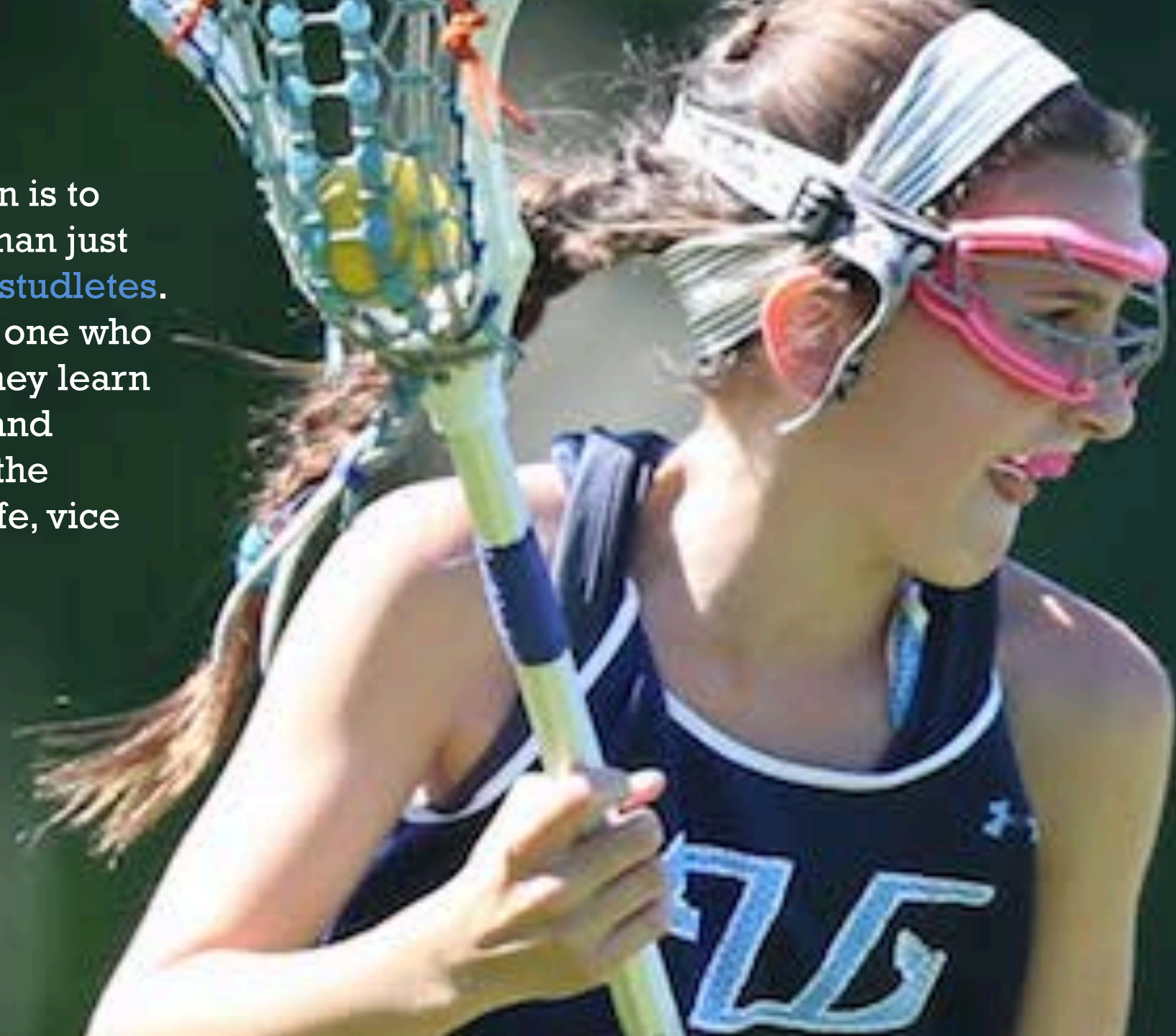
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## Look good. Play good.

Custom Sublimated reversible game jersey  
Custom Screened Reversible practice piney with Game Number  
Custom Trainer Short  
Custom Sublimated Game Short  
Custom Short-sleeve Retro Tee  
Custom Short-sleeve Trainer Tee  
Custom Carolina Cascade Goggles  
Custom FLG Head-band



FLG's mission is to build more than just athletes aka **studletes**. A studlete is one who takes what they learn on the field and applies it to the classroom/life, vice versa.



# You are joining a **Lacrosse Program**, not a lacrosse team.

## **Coaching from all perspectives.**

Teams include 2 experienced lacrosse coaches at practices, training sessions, and during game play. Never will you show up at a practice with someone who doesn't know the FLG Training Methodology or someone you don't know. Additionally, players will train with FLG's full-time Directors throughout the year. Our goal: Get the best training and get better every time you step on the field.

## **Call us, we'll pick-up.**


FLG is one of the only Programs in the sport of lacrosse that has a full-time staff on call 24/7. If you call us, we'll pick up. Send us an email, we'll reply. Shoot us a text, we'll get back. FLG is on call to give your family a great experience throughout the year.

## **Give back.**

Through FLG's Lax4all Program, we offer numerous lacrosse related Community Service opportunities to FLG Select Team members. Come put a stick in a child's hands for the first time, help set-up fields at a free clinic, or donate your time to those in need. Help FLG spread the game to all.

## **Expand your game.**

Every FLG Select player will receive a year-end typed evaluation from their coach. Use those evaluations to prepare for next years tryouts, elevate your game, develop your leadership skills, and get motivated to be the best you can be.



FLG, For the Love of the Game, has and wants players who have a passion for the sport. In order to be great at something you have to love it.



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## **Join the Community.**

Alumni from the FLG select teams have been invited to play at and attend some of the most prestigious universities and colleges in the country. Our Alumni give back to the FLG Program by attending our Recruiting nights, working FLG related events, mentor students in the current FLG Program, and serve as positive role models for the future stars in the sport.

## **All for one and one for all.**

FLG's goal is for every player to receive equal playing time. If you are dedicated to FLG's year round schedule, work hard at each FLG related event, then you will play just as much as your team members. We want all members of the team to support all individual members of that group. We practice together, we play together, we compete together.

## **Save BIG.**

For being a part of the FLG Family, you'll save money on FLG related training events and camps for your family members. Also, FLG guarantees you'll save time and headaches as our program prides itself on being organized as it comes to scheduling, travel accommodations, and communication.

# Sponsors



**lacrosse**recruits.com

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Upon selection to team, you pay a

**\$495**

initial registration fee

**+ 6 Monthly Recurring Payments of  
\$200**

September to February 2017

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FLG Select Team Tuition (All-Inclusive)

**\$1,695**