



Dblax.com

- Teams for Boys and Girls 6-16
- Teaching
Sportsmanship
Honoring your opponent
Staying cool under pressure
Playing for the teamr

NO TRYOUTS - EVERYONE PLAYS

- Brentwood, Oakley, Discovery Bay, Byron, Knightsen, Antioch and Pittsburg area

Fastest game on two feet!

Practices and Games

- Season opens Saturday, February 25, 2023
- Season ends Mid-May
- DBLax games on Saturdays and/or Sundays
- Game schedule available mid February
- Girls practices Mon/Wed @ 4PM La Paloma – FIRST practice February 6, 2022
- Boys practices Tues/Thurs @ 4PM La Paloma – FIRST practice February 7, 2022

Who do we play?

- Walnut Creek, Stockton, Pleasanton, Livermore, Elk Grove
- Avoid Peninsula and Marin if possible

Boys Equipment

Helmet
Mouthpiece
Gloves
Shoulder pads
Elbow pads
Stick
Athletic shoes



Girls Equipment

Goggles
Mouthpiece
Gloves (recommended)
Stick
Athletic shoes



***We have limited equipment available to borrow
from our loaner program !***

Cost

- \$415 per player **plus** US Lacrosse Membership (\$30)
- Players 8 yrs and under pay \$100 throughout the season
- \$50 sibling discount (does not include 8U player sibling since they are already discounted)
- Returning players signing up a new player - \$50 discount
- Full time Coach's kids are free
- New players may borrow available equipment (first come/first serve)
- Returning players must have their own equipment - suggested links below:

Starter packs - [Lacrosse Unlimited](#)

Individual items on Amazon - [shoulder pads](#) [arm pads](#) [gloves](#) [helmets](#) [girls sticks](#) [boys sticks](#)
[girls goggles](#)

These stores also have an excellent selection of gear, although pricey:

[Lacrosse Fanatics](#)

[Slingit](#)

What you get for \$415

- League registration fees (we pay NCJLA per team)
- Uniform jerseys
- US Lacrosse & NCJLA certified Coaches and Referees
- Field fees (we pay for all practice and game field usage)
- First aid supplies, coach field supplies, score table supplies
- End of season party and awards
- Free Fall Ball! (4 organized clinics October/November/December)

Fundraising

Swag sales

Raffle tickets

Fundraising events (pizza day, ice creams, etc.)

How can you help?

Photographer

First Aid monitor

Scorekeeper

Ticket seller/fundraising helper

Practice and game setup/breakdown

Who are we?

About DBLax

WHAT WE DO AND WHY WE DO IT

The Delta Breeze Lacrosse program teaches and promotes the game of lacrosse in East Contra Costa County at the elementary and middle school level. We hope to add teams at the high school level in the 2023 season. We invite girls and boys ages 6 to 16 to join us through FREE fall ball in 2022 that provides instruction for beginners in addition to scrimmages and informal games for more experienced players.

Our [NCJLA](#) teams will participate in games both home and away during the Spring of 2023. We plan to measure community interest and hope to expand the program to include 16 -18 yr olds. We hope to one day see lacrosse offered as a CIF sanctioned sport in our East County high schools.

Training and practices are organized and lead by [John Boone](#), a seasoned lacrosse professional with over 30 years of lacrosse experience as a player, coach, certified US Lacrosse college and high school level referee, and past President of the [Northern California Lacrosse Referees Association](#). John is a history and economics teacher at [La Paloma High School](#) in Brentwood. Through the Delta Breeze program, John gives back to his community what lacrosse gave him for so many years.

Delta Breeze Lacrosse is a 501(c) 3 non profit organization.



JOHN
Boone

Head Coach, Delta Breeze Lacrosse
Phone: 415-235-6162



Sign up at DBLAX.com!

Join these notables who love the game!

Geraldo Rivera - Journalist

David Grohl – Foo Fighters

Steve Carell – Actor

Audrey Powers - Blue Origin Astronaut

John Kerry - US Senator, Secretary of State

Bill Belichick - Patriots Head Coach

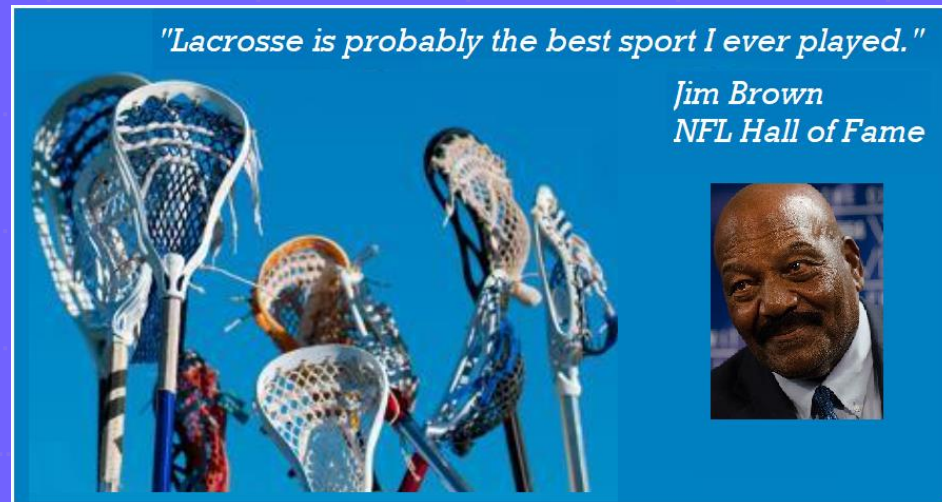
Wayne Gretzky – Hockey Hall of Fame

Jim Brown - Football Hall of Fame



"Lacrosse is probably the best sport I ever played."

*Jim Brown
NFL Hall of Fame*



<https://www.facebook.com/deltabreezelax/>