

Over the past several years travel lacrosse has rapidly expanded, there are more travel teams than ever before. Typically these travel teams do not overlap with the spring practices/games with Roxbury teams. Travel teams are designed for above average to elite players to get the chance to further challenge and develop themselves as a player with other kids who are of similar ability and have the same dedication. With that being said, here is our guide and our stance on club lacrosse.

There are 3 levels of lacrosse:

1. Town Teams- that is us! We are residency restricted and try to field a team at each grade level with the help of creating good HS teams down the road. We want lacrosse in our town to be as good as it possibly can and with the best turnout possible.
2. Travel/ Club teams- you need to tryout for these teams and will be playing with people from different towns. You will practice and play exclusively outside of Roxbury and will go to a few weekend tournaments in the fall and summer. These tournaments are always usually within driving distance, but will often require hotel stays as tournaments last the whole weekend. Travel teams are composed of above average to elite players.
3. National Teams- the last few years has led to the development of "National" teams. These teams are composed of the best of the best from club teams from around the state, region, and country. These teams will travel far away to play other National level teams in MD, FL, CA, CO, and TX to name a few.

How to know if travel lacrosse is for you:

1. Your child truly loves the sport and has a desire to get better. Has a desire to work extremely hard and wants to challenge themselves.
2. Your child is an above average player. Please ask our board for an honest assessment if you need guidance. There are several teams that exist purely to take your money. If your child has not reached their potential yet, do not feel pressured to jump on a team with a questionable reputation. Have your child attend private/small group training, clinics, and camps. They will get more out of it and become a better player. There are numerous local opportunities we can help you decipher through.
3. Your child has at least completed 4th grade. Let your kid be a kid. There's no reason to rush into it.
4. Your family is willing to make the financial commitment to the team. You will spend anywhere from \$1,800-\$5,000 depending on the club and the age of your child. **That cost is just the tuition for the team. It does not include hotels, tolls, fuel, food, or uniforms.** For most kids, families will spend about \$6,000 for their child to play club lacrosse between tuition and all the items listed above.
5. Your family is willing to make the time commitment. You will need to tryout sometime in July as the club season starts in September. Once mid-September hits, plan on Sunday practices for about 90 minutes until the end of October. You will then typically play in 2 tournaments in the first 2 weekends of November. These tournaments are usually 1 day tournaments. The team will then typically take a hiatus until after Thanksgiving where it will then have weekly indoor training sessions until the end of February. Some teams

continue weekly practices through the spring, most do not pick up again until May. Once June hits, plan on practice 2-3x per week, followed by a tournament on the weekend. Each team will usually play the last 3 weekends in June. Most teams will typically be off the week/weekend of 4th of July, then reconvene for a few more practices before the last tournament which is typically the 2nd weekend of July.

You may be wondering, **WHY DO PEOPLE DO THIS ?**

Simply put, above average athletes that **fully commit to training** and playing on these teams do get a lot better. They receive professional coaching and play high levels of competition, they will progress further and more rapidly than those that do not.

If you look at the top HS teams in the area, it is an undeniable fact that almost every player on the field plays for a club team and that player has spent an exorbitant amount of time and effort to get to that position.

**Playing club ball does not guarantee that your child will get better, nor does it guarantee that your child will play collegiate level lacrosse. Kids progress differently. Kids have different ceilings and aspirations. Some kids put in the work and some do not. Your child might only want to play lacrosse casually and enjoy their time doing so and that is 100% fine. If that is the case, do not jump into the travel lacrosse world. If your child is not deeply committed to it, you are wasting your time and money. It's a big commitment. It also does not really matter what club your child plays for. What the clubs do not tell you is that the biggest deciding factor on whether or not your child reaches their full potential is entirely based on the amount of time your child puts in on their own (outside of practice, camps, games, etc)**

With that being said, like anything in life, you need to work for it. Another unfortunate reality of life is that everyone has a ceiling athletically. Less than 3% of all HS athletes play collegiate athletics. If your child has dreams and aspirations to play as far as they can, encourage them. Just understand there's no pot of gold at the end of the rainbow. In the lacrosse world, if your child is fortunate enough to play D1, they will get a 50% scholarship at the most. This is because there are less scholarship spots available than there are players on the team, therefore the scholarship money needs to be split. D2 is even less money, and D3 schools can't even give you athletic scholarships. Many top players receive about a 25% athletic scholarship. Do not get into this because of scholarships. Lacrosse teams typically have higher team GPAs because they need strong students in order to get them academic scholarships.

If you would like more information on travel/club lacrosse, or would like an assessment, please contact Ryan Williams ([ryan.williams@roxlax.com](mailto:ryan.williams@roxlax.com))

**Local Teams  
(Listed Alphabetically)**

<b>Boys</b>	<b>Girls</b>
BBL/ BBL West <a href="https://www.bblax.com/">https://www.bblax.com/</a>	BBL <a href="https://www.bblax.com/">https://www.bblax.com/</a>
Patriot <a href="http://www.patriotlax.com">www.patriotlax.com</a>	CLC/Impact <a href="http://www.impact-lacrosse.com/">http://www.impact-lacrosse.com/</a> <a href="https://centercourtacademy.com/sports/girls-lacrosse/">https://centercourtacademy.com/sports/girls-lacrosse/</a>
Riot <a href="http://www.njriot.com">www.njriot.com</a>	Dew Lax <a href="https://www.dewlax.com/">https://www.dewlax.com/</a>
STEPS <a href="http://www.stepslacrosse.com">www.stepslacrosse.com</a>	STEPS <a href="http://www.stepslacrosse.com">www.stepslacrosse.com</a>
Thunder <a href="http://www.jerseythunderlax.com">www.jerseythunderlax.com</a>	Thunder <a href="http://www.jerseythunderlax.com">www.jerseythunderlax.com</a>
True NJ <a href="https://truelacrosse.com/">https://truelacrosse.com/</a>	True NJ <a href="https://truelacrosse.com/">https://truelacrosse.com/</a>