**Girls Field Rep Program**

Girls Field Lacrosse uses netted sticks to carry, throw and shoot a ball along an outdoor field in an effort to score goals. A goal counts as one point and is scored when the ball crosses the opposing goal between the posts and under the crossbar. The team scoring the greater number of goals in the allotted time period wins.

Orillia has both House League and Rep Team programs that can suit your individual skill or needs. Girls Field Lacrosse is played **outdoors** and does NOT allow body contact so equipment is minimal - a field lacrosse stick, mouth guard, goggles and running shoes. A game consists of two 30-minute ½’s.  Clinics and tryouts to be scheduled for **April**.

**Orillia Lady Kings**

**Senior** (over 19 years of age)

**U19** (under 19 years of age) - high school

**U15** (under 15 years of age) - Grades 7 & 8

**U13**(under 13 years of age) - Grades 5 & 6

**U11**(under 11 years of age) - Grades 2 - 4

**Rep Team**

* The rep team program plays competitively against other city centres from May to July /August and generally is a 12-14 total game schedule + a provincial playdown weekend. Many weekend games may consist of 2 games per day.
* Rep teams generally practice once or twice a week and play league games on weekends and/or mid-week single games.

*For further enquiries, please contact….*  [OrilliaLadyKingsLacrosse@gmail.com](mailto:OrilliaLadyKingsLacrosse@gmail.com)

  or

**Heather Reda, Registrar**  (705) 326-4733 or [hsreda@gmail.com](mailto:hsreda@gmail.com)

**John Mayo, VP of Girls Field** (705) 345-5170 or [johnmayo45@hotmail.com](mailto:johnmayo45@hotmail.com)

**John Pritchard** (705) 325-1400 or [jepritchard@rogers.com](mailto:jepritchard@rogers.com)