

2026 Polars In-House

Parents' Meeting



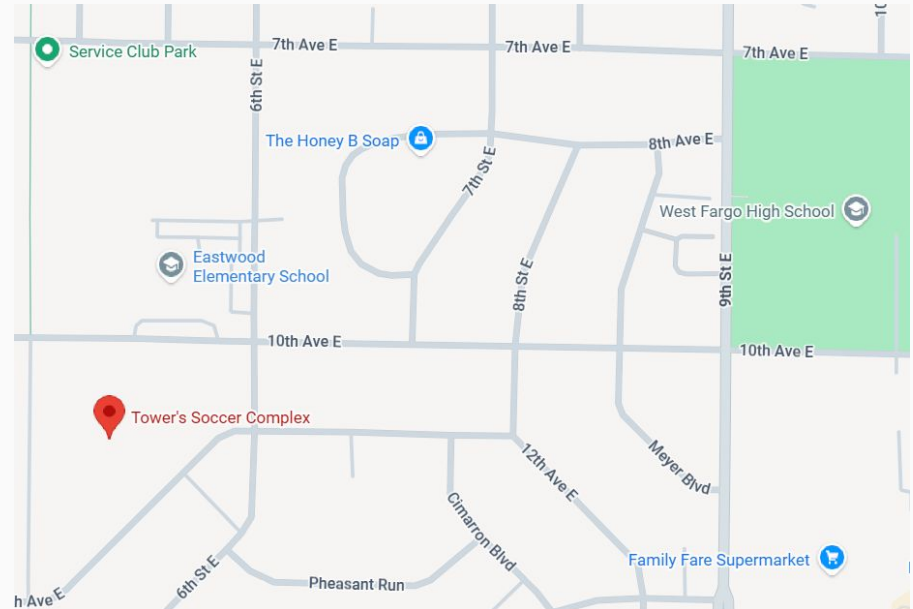
Schedule & Location

All practices are held at Tower's Field in West Fargo

400-546 12th Ave E, West Fargo, ND 58078

Practices start when WF Parks approves us on the fields, targeting April 20.

8-week season, will be done by June 26



Cub Club

- Goal is to have fun and learn LAX basics
- 5-8 year olds, co-ed
- Tuesdays & Thursdays, 5:30-6:30, Tower's Field in West Fargo
- All Equipment Provided, return every practice
 - Sticks, Spongy balls, pop-up nets

Girls

- Goal is to have fun, learn LAX basics and game play
- 8-14 year old girls
- Tuesdays & Thursdays, 5:30-6:30, Tower's Field in West Fargo
- Equipment Required
 - Stick: player-provided
 - Mouth guard: player-provided
 - Balls: hard-rubber, RRVLA provided

Girls Equipment



Equipment Required

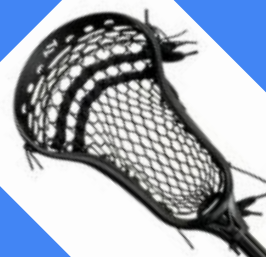
- Goggles: player-provided
- Stick: player-provided
- Shoes / Cleats: player-provided
- Mouthguard: player-provided
- Polaris practice pinnie:
player-purchased (can be reused
from previous years)



Boys

- Goal is to have fun, learn LAX basics and game play
- 8-14 year old boys
- Mondays & Wednesdays, 5:30-6:30, Tower's Field in West Fargo
- Probable 1-2 scrimmages with Moorhead Youth Lacrosse

Boys Equipment



Equipment Required

- Helmet: RRVLA will provide loaners, return at end of the season
- Stick: player-provided
- Shoulder/Chest protector: player-provided - must be NOCSAE certified
- Forearm pads and gloves: player-provided
- Mouthguard - player-provided
- Shoes / Cleats: player-provided
- Polaris practice pinnie: player-purchased (can be reused from previous years)



Equipment Recycling

If you have equipment that you are willing to donate to new players, please contact us at rrvlax@gmail.com.

<https://sidelineswap.com/shop/lacrosse/174>

Shoulder pads must be NOCSAE certified. Be careful when buying used.



Equipment Cleaning

Coral Laundromat is offering a free gear cleaning to all RRVLA players.

Address:

3620 Veterans Blvd Suite 100, Fargo, ND 58104

Phone:

(701) 532-1165

(across from Liberty Middle School)



Schedule

Wahpeton:

Ben Gurney will run skills practices for all ages 1-2 days per week in Wahpeton. If you know somebody in the Wahp/Breck area, let them know.

Email rrvlax@gmail.com with details.

Communications

We will email and use Sports Engine's Chat for "official" communications to all teams. The schedule will also be in SE.

Separate team chats are up to the teams.



Fundraisers and Marketing

RRVLA puts on a golf fundraiser in August. This has become a great event. They will be looking for volunteers to help.

Beverage serving at the Red River Valley Fair in July.

Boo at the Zoo

Back to School Nights