

Lacrosse for LIFE

LEADERSHIP ★ INTEGRITY ★ FRIENDSHIP ★ EDUCATION



2007 PALEGA BULLDOGS GAME SCHEDULE Northern California Junior Lacrosse Association (NCJLA)

Coach Jan Long: 415.244.8822 jan@skipperwireless.com
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Coach Michael Zell: 330.730.4929 michael@lacrosseforlife.org
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PALEGA LAXLINE: 415.706.8177

(Call for practice/game updates & weather status)

PRACTICES:

Practices will be held TUESDAYS. and THURSDAYS. from 4:14 – 5:45 pm throughout the season.
SNACK and Mentoring/Tutoring at Palega 3:15 pm-4:00 pm on T/TH and as requested.
All practices are held at Palega Playground, 500 Felton Street

Date	Day	Time	Opponent	Place
3/24/07	Saturday	10:00 am 1:00 pm	West Valley Red Hawks Town School	Palega Palega
3/31/07	Saturday	10:30 am 2:00 pm	Novato White Knights Novato Black Knights	Novato – San Marin HS TURF Novato – San Marin HS TURF
THIS DAY IS "LAXAPALOOZA" – FUN ACTIVITIES ARE PLANNED IN ADDITION TO THE LACROSSE GAMES!				
SFUSD SPRING BREAK 4/2/07 - 4/6/07 – OPTIONAL PRACTICE				
4/2/07	Monday	3:00 pm	Visit to EA Sports	Palo Alto
4/4/07	Wednesday	TBD	College Visit to Dominican	Dominican University, San Rafael
THESE FIELD TRIPS ARE DURING SPRING BREAK. PLAYERS IN GOOD STANDING & PARENTS ARE INVITED!				
BRING MONEY FOR MEALS – YOU CAN WEAR YOUR JERSEYS				
4/14/07	Saturday	4:40 pm	Burlingame Coyotes	Burlingame Field
We are invited to stay for a barbeque with all teams playing on this day. Bring clothes to change into!				
4/19/07	Thursday	4:30 pm	SF Youth Lacrosse	Palega
4/22/07	Sunday	12:00 pm	Tomahawks	Palo Alto/Gunn School
4/28/07	Saturday	11:00 am	South Bay Crusaders	Palega
5/6/07	Sunday	TBD	NCJLA Jamboree	Cherry Island/Sacramento
5/12/07	Saturday	TBD	Playoffs start	TBD

END OF SEASON BANQUET – To Be Announced

TRANSPORTATION:

We solicit parent volunteers to drive to away games to lower costs. If you can drive, we will provide a gas stipend if needed. We will depart from PALEGA PLAYGROUND 2 hours before game time. Directions/Maps will be available to any parent/guardian who can drive.

ABSENCES:

Players are expected to be at every practice on time unless a coach is notified 24 hours prior. In the event of illness, the parent or guardian must contact the coach within 24 hours. *Players should be suited up and on the field at 4:00 pm.* If a player has a conflict and cannot make a game, a Coach MUST be called 2 days before Game Day.