



**NASSAU/SUFFOLK P.A.L.
LONG ISLAND
LACROSSE LEAGUE**



2025 SYLAX PAL Season (March-end of May)

- Girls - 2nd through 6th Grade **\$200/player**
- Boys
 - 2nd through 5th Grade **\$200/player**
 - 6th **\$175/player** (Due to the # of players at this grade, each player will play between 6 and 8 games each)
 - 7th/8th Grade **\$100/player** (minimal practices due to middle school lacrosse)
- Game/Practice Schedules
 - 6-8 Game season, typically Sundays.
 - Game schedules are released mid-March
 - Practices usually begin in early March once teams and coaches are assigned

2nd-8th Coaches

- Approved Head Coach's child play for free
- Approved Asst Coach's child play for 50% off
 - PAL requires coaching certification - provided through USA Lacrosse
- Coach registration link accessible via link below

Boys/Girls K-1st grade Players and Coaches

- Use the sign up and indicate whether you:
 - Want to play on a team that plays games
 - Want to participate in an introductory clinic
 - Both
 - Want to volunteer as a coach for K/1 girls or boys

Register at: <https://sylax.sportngin.com>

Registration will close at midnight on **December 31**.

Please use Google Chrome or Apple Safari browsers as some browsers have trouble with the final payment processing

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