

# 495 LACROSSE CLUB

## 2023-2024 Club Program Overview

### Option # 1

#### 'Tournament Team' Member

**Annual Tuition: \$3,500**

Notes:

- *Payment plans and sibling discounts available*
- **Referral program:** refer an additional player (who joins 495 in 2023) and receive **5% OFF** your 2023-2024 Tuition

Included:

- Cascade XRS Pro Team 495 helmet with Quick Clip technology
- Customized 495 Lacrosse helmet decals
- Customized 495 Lacrosse uniform consisting of game jersey, game shorts and shooter shirt
- Customized 495 Lacrosse gear backpack
- 495 Practice Pinnie
- Fall (3) and Summer (3) Tournaments
- 8+ Fall 2023 practices (Team and Positional)
- 12+ Winter Indoor practices
- 8+ Summer 2024 practices
- **28+ Total practices**
- Elite coaching
- Personalized player evaluation and a specific, detailed individual development '**495 Road Map**' for all
- College recruiting assistance (high school players):
  - The college decision-making process is multifactorial in nature, and the 495 Staff guides our players through that to optimize outcomes for our 'Tournament Team' members, including:
    - College prep seminars within 495
    - 495 Directors meet 1 on 1 with players and families to identify college lacrosse programs that align with each player's criteria and lacrosse abilities
    - Proactive reach out and player advocacy from the 495 Directors to college coaches
- Operational costs: equipment, ball expenses, insurance(s), website management, and other associated operating costs for 495 Lacrosse



## 2023-2024 Club Program Overview (cont'd)

### Option # 2

#### 'Training Team' Member

Annual Tuition: \$1,750

Notes:

- *Payment plans and sibling discounts available*
- **Referral program:** refer an additional player (who joins 495 in 2023) and receive **5% OFF** your 2023-2024 Tuition

Included:

- 495 Practice Pinnie
- 8+ Fall 2023 practices (Team and Positional)
- 12+ Winter Indoor practices
- 8+ Summer 2024 practices
- **28+ Total practices**
- Elite coaching
- Operational costs: equipment, ball expenses, insurance(s), website management, and other associated operating costs for 495 Lacrosse

Not Included:

- Cascade XRS Pro Team 495 helmet with Quick Clip technology
- Customized 495 Lacrosse helmet decals
- Customized 495 Lacrosse uniform consisting of game jersey, game shorts and shooter shirt
- Customized 495 Lacrosse gear backpack
- Fall (3) and Summer (3) Tournaments

**Notes:**

- 495 gear and customized uniform (jersey, shorts and shooter) available for purchase
- Potential to join a tournament team should a roster spot become available (additional cost to participate in tournaments)
- Additional ala carte tournaments available based on interest

# 495 LACROSSE CLUB

## FALL 2023 PRACTICE LOCATIONS

### **Fore Kicks Marlboro**

219 Forest Street  
Marlborough, MA

### **Beaver Street Turf**

Franklin, MA

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## WINTER 2024 PRACTICE LOCATIONS

### **Fore Kicks Marlboro**

219 Forest Street  
Marlborough, MA

### **Fore Kicks Taunton**

223 Fremont Street  
Taunton, MA

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## SUMMER 2024 PRACTICE LOCATIONS (TBA)

*Get on the highway to success!*

Questions?

Email us at: [info@495lacrosse.com](mailto:info@495lacrosse.com)