

495 LACROSSE CLUB

2024-2025 PROGRAM OVERVIEW



495 LACROSSE CLUB

2024-2025 Club Program Overview

Option # 1

'Tournament Team' Member

Annual Tuition: \$3,500

Installment payment plan available

Included (for Annual Members):

- Cascade XRS Pro Team 495 helmet with latest 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 *
 - High School ('28-'25 YoG) players will receive a customized 495 Lacrosse Laxgear backpack
- 495 Practice Pinnie *
- Fall (3) and Summer (3) Tournaments
- 8+ Fall 2024 practices (both Team and Positional)
- **30+ Hours** of Winter Indoor Training
- 8+ Summer 2025 practices (both Team and Positional)
- **50+ Practice and Training Hours in Total**
- Elite coaching
- Personalized player evaluation and a specific, detailed individual development '**495 Feedback and Development 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: coaching, equipment, ball expenses, insurance(s), website management, and other associated operating costs for 495 Lacrosse

* *For new players*

495 LACROSSE CLUB

2024-2025 Club Program Overview (cont'd)

Option # 2

'Training Team' Member

Annual Tuition: \$1,750

Installment payment plan available

Included:

- 495 Practice Pinnie *
- 8+ Fall 2024 practices (both Team and Positional)
- **30+ Hours** of Winter Indoor Training
- 8+ Summer 2025 practices (both Team and Positional)
- **50+ Practice and Training Hours in Total**
- Elite coaching
- Personalized player evaluation and a specific, detailed individual development '**495 Feedback and Development Road Map**' for all
- Operational costs: coaching, equipment, ball expenses, insurance(s), website management, and other associated operating costs for 495 Lacrosse

Not Included:

- Cascade XRS Pro Team 495 helmet with latest 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

* For new players

495 LACROSSE CLUB

FALL 2024 PRACTICE LOCATIONS

Fore Kicks Marlboro

219 Forest Street
Marlborough, MA

Beaver Street Turf

450 Beaver Street
Franklin, MA

WINTER 2024-2025 PRACTICE LOCATIONS

Adirondack Club

800 Chestnut Street
Franklin, MA

Fore Kicks Marlboro

219 Forest Street
Marlborough, MA

Fore Kicks Taunton

223 Fremont Street
Taunton, MA

SUMMER 2025 PRACTICE LOCATIONS

Franklin and Hopkinton

Get on the highway to success!

Questions?

Email us at: info@495lacrosse.com