



REIGN LACROSSE CLUB TEAM PROGRESSION OUTLINE YEAR ROUND OPTION 2019-2020

RISE TO REIGN

2026
2027
2028

REIGN

2023
2024
2025

REIGN SUPREME

Coming Summer of 2020
*TENTATIVE SNAPSHOT OF
REIGN SUPREME PROGRAM
ONLY Available to 9th Grade and Beyond

WHAT EXACTLY ARE WE SIGNING UP FOR?

“RISE” is a modified summer lacrosse program created to introduce our youngest players to travel lacrosse. This gives them the opportunity to explore the game outside of their regular spring club season; to make new friends and to compete on a larger more competitive stage. Our travel is fairly local, and we are extremely cognizant in our scheduling outside of the summer season as not to conflict with other team sports.

*Any activity that has an asterisk is optional for this level

“REIGN” is a more intensive program that will challenge our players to reach outside of their comfort zones in realizing their potential in the game of lacrosse. We focus on team dynamics; character development; personal growth and goal setting.

*Any activity that has an asterisk is a “Choose-One” at this level

The “REIGN SUPREME” program is designed for the player who wants to fully immerse themselves in the game of lacrosse through extensive training and tournament travel opportunities.

WINTER 2 JANUARY FEBRUARY

TEAM SERVICE ACTIVITY
*WINTER LEAGUE—SESSION 2
*SPEED TRAINING 1X/WEEK
1 LOCAL FUN TOURNAMENT
LEADERSHIP TRAINING RETREAT

TEAM SERVICE ACTIVITY
*SPEED TRAINING 1X/WEEK
*WINTER LEAGUE—SESSION 2
1 TOURNAMENT
LEADERSHIP TRAINING RETREAT

TEAM SERVICE ACTIVITY
WINTER LEAGUE—SESSION 2
PRACTICE 1x/WEEK
SPEED TRAINING 2X/WEEK
2 TOURNAMENTS
LEADERSHIP TRAINING RETREAT

SPRING MARCH APRIL MAY

REIGN STRONGLY ENCOURAGES OUR PLAYERS TO FOCUS ON THEIR PAGLA, MIDDLE SCHOOL AND HIGH SCHOOL SEASONS. A VARIETY OF COACHING PERSPECTIVES, DIFFERING EXPECTATIONS AND TEAM ROLES ONLY HELPS TO DEVELOP OUR PLAYERS AND TO KEEP THE GAME FRESH.

PLUS— WE FIRMLY BELIEVE THAT BY TAKING THE TIME TO FOCUS ON THESE TEAMS, AND BUILDING RELATIONSHIP WITH THESE TEAMMATES—YOU ARE STRENGTHENING YOUR OPPORTUNITY TO BE COMPETITIVE WITH THESE TEAMS— ESPECIALLY AT THE HIGH SCHOOL LEVEL.

SUMMER JUNE JULY

PRACTICE BEGINS LATE MAY
TEAM CAMP
PRACTICE 2X/WEEK + SPEED
2 LOCAL TOURNAMENT (+1 for 2026)

PRACTICE BEGINS LATE MAY
TEAM CAMP
PRACTICE 2X/WEEK + SPEED
3 TOURNAMENTS

PRACTICE BEGINS MID-MAY
TEAM CAMP
PRACTICE 2X/WEEK
SPEED TRAINING 2X/WEEK
3-4 TOURNAMENTS

AUGUST

OFF

OFF

*INTERNATIONAL TRIP 2021

FALL SEPTEMBER OCTOBER NOVEMBER

PRACTICE 1X/WEEK- Late Sept to last tournament date
*SPEED TRAINING 1X/WEEK
1 LOCAL TOURNAMENT (2027/2028) Oct
2 LOCAL TOURNAMENTS (2026) Oct/Nov

PRACTICE 1X/WEEK- Late Sept to last tournament date
SPEED TRAINING 1X/WEEK
2 LOCAL TOURNAMENTS

PRACTICE 2X/WEEK— Mid Sept to Mid November
SPEED TRAINING 1-2X/WEEK
3-4 TOURNAMENTS
-IWLCA Presidents Cup (DISNEY)

WINTER 1 NOVEMBER DECEMBER

*WINTER LEAGUE—SESSION 1
*SPEED TRAINING 1X/WEEK
*1 LOCAL FUN TOURNAMENT

*SPEED TRAINING 1X/WEEK
*WINTER LEAGUE—SESSION 1
1 TOURNAMENT

*Reserved for special event tournaments; college visits; showcases and mini camps