

LAX ON ELITE

SCAN ME



**Achieve Your Full Potential
On and Off the Field Here.**

**2024/2025 SEASON
1ST-11TH GRADE GIRLS CLUB LACROSSE TRYOUTS**

LAX ON ELITE 2024 HIGHLIGHTS:

- NATIONAL RANKING OF TEAMS
- PROFESSIONAL COACHING & FEMALE MENTORSHIP
- SECONDARY TEAMS ENGAGING LOCALLY FOR FUNDAMENTAL PLAYERS
- RECRUITMENT EXPOSURE AND SUPPORT FOR HIGH SCHOOL PLAYERS
- OFF-SEASON INDOOR WINTER TRAINING
- MENTAL PERFORMANCE COACHING
- COMPREHENSIVE TUITION PACKAGE

WHY US?

Our club teams offer professional coaching, structured organization, and a highly competitive environment, promoting personal growth both on and off the field. Moreover, our high school teams receive comprehensive college recruitment support from our directors, with opportunities for national exposure.

**IF YOU WERE REFERRED ON TRYOUT
REGISTRATION PLEASE PUT FULL NAME
OF REFERRAL**

OUR STORY

Lax On Long Island was founded in 2019 by Vanessa Windsor. As a former college coach and strength coach, Vanessa found a need for female lacrosse training on Long Island. There was PAL, Club and School lacrosse but not many training companies providing consistent opportunities for girls outside of practice to enhance their skills, mindset and personal growth. In 2019, the growth of the companies training led to an expansion of Lax On Elite club teams as well. Lax On Long Island is a female lacrosse performance company with the mission in helping girl's lacrosse players become the best versions of themselves on and off the field.

OUR VISION

Our vision is to offer unparalleled training opportunities throughout the lacrosse community and maintain our position as one of the most prominent female clubs in the Long Island area.

OUR MISSION

Our mission is to facilitate the holistic growth of female lacrosse players, both on and off the field. We firmly believe that by providing female athletes with quality coaching and field-based mentorship, we can enable them to become the best possible version of themselves, both on and off the field.

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