



TRASHCAN LACROSSE FUNDRAISER

What is Trashcan Lacrosse...

Trashcan lacrosse is a 2v2 competition. It is open to mix competition. It is played with a tennis ball and a trashcan as a goal. A stick flip decides who possesses the ball first. The team who wins the flip starts on offense, the team who loses the flip is on defense. Defending team will be required to have one player on defense and the other in the goal. Possession changes just like a typical lacrosse game, a chase to the endline or obtaining possession of the ball.

Trashcan lacrosse is completely non-contact but we recommend that players wear head gear for protection. Games are played to the first to three goals.

The first hour teams move around the mini fields and challenge other teams to matches. After the first hour teams will then be ranked and matched accordingly. All teams are then in a double elimination format. We play until there is only one team remaining who will be reigned as our 2022 Trashcan champions!

We encourage athletes to register as a team but will match individual registrant with a teammate if necessary.

I look forward to a great day of SWR lacrosse!!

Coach Mike Taylor

DATE: NOVEMBER 25TH

TIME: 11:00 AM

PLACE: SWR HS TURF FIELD

COST: \$40 PER PLAYER



visit swrwac.org to register