

Last Stop Details Lexington, MA July 28-29, 2023

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TEAMS ATTENDING

- 2028 Heart
- 2028 Hustle
- 2029s
- 2030s/2031s/2032s (exact team structure released in spring)

ACTION ITEMS NEEDED TO BE COMPLETED BY FAMILIES

1) **PLAYER REGISTRATION/WAIVER:**

- a. COMING SOON

2) **IMPORTANT MEDICAL INFORMATION**

- a. If applicable, please email the following to PlayerServices@RevolutionLacrosse.com before **5pm Thursday, June 1st:**
 - i. CURRENT MEDICATION
 - ii. CURRENT INJURIES/SICKNESS
 - iii. ALLERGIES AND FOOD ALLERGIES
 - iv. EPI PENS AND WHERE THEY ARE LOCATED IN YOUR BACKPACK
 - v. IMPORTANT MEDICAL HISTORY

THE REVlax STAFF

COMING SOON!

CONTACTING THE STAFF

COMING SOON!

NOTE TO PLAYERS

Get ready for an awesome event with REVlax Nation! The Last Stop of the summer is here! Leave everything you have out on the fields at this local event, as it is your last tournament until October. Run hard, drive to goal with determination and close out the summer strong!

IMPORTANT REMINDERS FOR ALL PLAYERS

Players are responsible for their own meals, water, transportation, and accommodations.

LOCATIONS

CENTER TRACK & TURF COMPLEX

90 Worthen Road
Lexington, MA

LINCOLN PARK COMPLEX

100 Lincoln St
Lexington, MA

GAME SCHEDULE

- **Dates:** Teams will play on one day only
 - Friday, July 28th: 2031-32s
 - Saturday, July 29th: 2028s - 2030s
- **Game Schedule:** Once released, the event schedule can be found via Tourney Machine. You can access Tourney Machine either via their app or website (<https://www.tourneymachine.com/Home.aspx>). This is where all changes leading up to the event will be posted. Please note that for MOST events, schedule changes can occur right up to the start of the event. Families are responsible for following the Tourney Machine app leading up to and during the event.
- **Arrival/Departure Time:** Please arrive 40minutes before your first game at the game field (be sure to bring a lax ball to warm up with). These players can depart with a parent once their team is dismissed by a coach after their last game.

EVENT STRUCTURE

- Teams will play 3 full games
- 12v12 for 2028s – 2030 Divisions
- 7v7 for 2031/32 Division

WEATHER POLICY

This is a rain or shine event that does not offer any refunds of any kind.

MEALS

Before the Event

You should eat three/four full meals a day before the event, in addition to thoroughly HYDRATING!

During the Event

Players are responsible for all meals, snacks, water, etc.

IMPORTANT REMINDERS

- Waiver must be completed in order to participate.
- BRING YOUR OWN WATER BOTTLE!
- REVlax Gear only, unless you have not received it.
- **PLAYERS ARE EXPECTED TO AND RESPONSIBLE FOR THEIR FULL 40MIN WARM UP BEFORE EACH GAME. As always, players MUST warm up, even if their coach is not with them.**
- Supporters are to be on the opposite sideline of the REVlax team bench during games.
- Buddy System. **Players are not to walk alone unless accompanied by guardians.**
- At times, REVlax Coaches are coming from a previous game. If the game begins and your coach is not present, they are either coming from a far field or were held up speaking with a player. Start playing, HARD! You are highly capable given how REVlax coaches you; you have been taught to perform independently. It is always awesome when a team is scoring goals and running their own sidelines!

INJURIES/SICKNESS DURING THE EVENT

- Injuries and/or sicknesses must be told to a Staffer.
- If you feel sick, dizzy, anything, we expect you to tell a Staffer. There is no reason to feel embarrassed.
- If you are injured at the event, even if it is a cut, we expect you to tell a Staffer.
- If you sustain a head injury, you MUST tell your coach immediately, and inform them of any prior concussions. You MUST see the trainer on-site as well to be cleared for play. A REVlax Coach will NOT allow you to return to play, under any circumstance, unless you are FULLY cleared by the athletic trainer.
- Players with any type of brace are expected to wear them while playing.
- There will be a trainer on site, however, we suggest you bring your own taping materials.

GAME UNIFORM

- REV Black Pinnie and Black REVlax Shorts
- If you do not have a pinnie, email PlayerServices@RevolutionLacrosse.com with 72 hours' notice. If you do not have shorts, please wear plain black shorts to play!

WHAT TO BRING - Be sure that your name is on all tags!

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| • One Lacrosse Ball | • GOGGLES | • Water bottle- This must be an actual water bottle, not a disposable one! |
| • REVlax Black Shorts | • MOUTHPIECE | |
| • REVlax Black Short Sleeve | • Sticks | |
| • REVlax Pinnie | • Cleats/Sneakers | |
| • REVlax Sweatpants | • Sunscreen lotion- 30 OR HIGHER | |
| • REVlax Sweatshirt | | |

Absolutely no attire from another Club, School and/or All-Star program. Put your name on all tags!