

OCT
2025



JAN
2026

“HIGH SCHOOL” Player Registration Form
High School players grades 9 – 12

PLAYER NAME (PRINT) _____

POSITION: Attack Midfield Pole Goalie CITY _____

BIRTH DATE ____ / ____ / ____ GRADUATION YEAR _____

PHONE: _____ School you are representing: _____

EMAIL: _____

***** PLEASE PRINT CLEARLY *****

Years of Lacrosse Experience ____ Interest in our Summer Travel Team? Y / N

Payment method: **CHECKS ONLY** - Check # _____

*****A Man Up Lacrosse pinnie is required to play in this league. If you do not own one, you MUST purchase one – pinnies are \$15 each --- Add this to your total (if needed)**

REGISTRATION DETAILS

✂ Registration Fee (Circle one) – **WINTER LEAGUE** **\$185 EACH**

✂ Mail completed form with payment to **16824 Woodshire Dr Strongsville, OH 44149**
(checks made payable to “Man Up Lacrosse LLC”)

✂ Fall deadline 9/26/25 & Winter deadline 11/21/25 – Fall sold out on 9.9.24 & Winter sold out on 11/23/24 last season. **DO NOT WAIT TO REGISTER!!**

ELEVEN straight seasons have **SOLD OUT** and we’ve had to turn players away!

Do not be left out! Sign up early to guarantee your roster spot, secure additional discounts, and any requests such as carpooling or playing with teammates!

League Details

- **FOURTEEN** 7 v 7 (24 minute) lacrosse games per season.
- Games will be officiated by two officials

✂ **League Schedule:** **FALL Dates: 10/05/25 – 11/23/25 - Sundays: 5, 6, 7**
○ **11/9/24 – BYE WEEK – NO GAMES - Graveyard**

WINTER Dates: 12/7/25 - 1/25/26 - Sundays: 5, 6, 7, 8
○ **12/28/25 – BYE WEEK – NO GAMES**

- ✂ **League Structure:** Seven-week season consisting of 10 pool play games followed by two weeks of playoffs / consolation games.
- ✂ **Uniforms/Equipment:** Players must provide their own gear; mouth guards are mandatory; **tennis shoes / molded cleats only permitted on turf. Man Up Lacrosse pinnie is required for play & NOT included in league fee (see page 1)**
- ✂ League complies with all OHSA rules and regulations for off-season play.

What sets Man Up Lacrosse League apart from the competition?

- ✂ Man Up Lacrosse allows college coaches the opportunity to scout.
- ✂ Diversity: 16 different schools were represented in the 2023/2024 seasons!
- ✂ Goalie insurance: Equipment will be provided in the event of a goalie no-show.
- ✂ Two –22 minute running games provide for a better competitive experience!
- ✂ Facility with true turf, lined fields, bright lighting, and additional viewing area.
- ✂ **Manta Fieldhouse - 10701 Royalton Rd, North Royalton, OH 44133 - BACKLOT**
- ✂ Fall champions receive a team gift. Winter Champions receive the league trophy!
- ✂ Director of Lacrosse Operations: Jeffery Fedor (Holy Name Head Coach)
- ✂ Assistant Director: Andrew Spicher (Highland Asst. Coach)

HOLD HARMLESS AGREEMENT

I/we, the undersigned participant/parent, on behalf of myself and/or my designated minor child, and our heirs, legatees, personal representatives, successors and assigns, hereby agree to defend, indemnify, save, and hold harmless and waive any liability of the Manta Field House and its owners, officers, agents, representatives, employees, successors and assigns in connection with our health, safety, security, and any injury, death and/or disability arising out of, or resulting from our respective participation in the Man Up Lacrosse League presented by Manta Field House. We further agree, understand and represent that we are participating in these activities and programs on a strictly voluntary basis, and understand the possible consequences, risks, and dangers of such participation. I/we further agree to waive, release and relinquish, to the fullest extent of the law, any and all claims, damages, injuries, expenses and causes of action arising in our participation in the Man Up Lacrosse League presented by Manta Field House in any manner. We therefore do fully release and discharge, and agree to defend, indemnify and hold harmless the Man Up Lacrosse League presented by Manta Field House and its owners, agents, servants, employees, insurers, successors and assigns from any and all claims resulting from injuries, including but not limited to loss of life, damages and losses sustained by us arising out of, connected with, or in any way associated with activities of the program. Refunds of any kind will not be given following payment processing. "High School" league is open to any player between the ages of 13-18, or, any player who represents a local high school team.

PARENT SIGNATURE _____ **DATE** _____

PLAYER SIGNATURE _____ **DATE** _____



2026 Summer Travel Teams

Northeast Ohio (NEO)

DUCKS

Man Up Lacrosse LLC is focused on having athletes develop their game year round to compete at the highest level possible. We believe that dedicated and relentless hard work will not only increase player fundamentals and athletic ability, but will also help these athletes grow as men and learn the true meaning of leadership. We will take this additional time over the summer months to work to make each player better than they were when they arrived. We are committed at Man Up Lacrosse LLC to do whatever it takes to not only grow the game of lacrosse in northeast Ohio, but to honor it as well.

Travel teams serve two main purposes. The primary reason is keep a stick in your sons' hand year round giving him an additional opportunity to get additional touches in gameplay situations and in turn, become a better all around player. The second is to get additional coaching from a different lens and this, paired with additional gameplay, can showcase each player's talent to college coaches in hopes to achieve a spot on a college roster or to earn an athletic scholarship. All attended tournaments will have numerous collegiate coaches on hand scouting for the upcoming years.

Each team will be comprised of no more than 25 players and a minimum of two qualified coaches. Each team will have a minimum of 10 practices and will play a minimum of 12 games spread over three tournament events.

Three tournaments will be chosen for the 2026 Summer season.

Tournament 1 – June (mid to late)

Tournament 2 – Mid June – Early July

Tournament 3 – July (mid)

Expected Travel Teams for Summer 2026

"Varsity" Select Team: High School graduation years of 2027/2028

"Junior Varsity" Select Team: High School graduation years between 2028 – 2030

If enough players are interested, we will create a third team which will alter the aforementioned groups.

Team Try Outs: The indoor leagues are used as our tryout period. If a player is interested in playing on the Summer teams, please notify any of the staff and we will evaluate your game and discuss opportunities.

Cost to Participate: \$900 per player. This fee covers the costs of tournament registration, insurance fees, uniform depreciation fees, field rental for practices, equipment overhead, coaches travel fees, and coaching staff stipends. This fee does not cover, nor is Man Up Lacrosse responsible for, travel expenses of families or players. Fee can be paid all at once or in two installments due April 15, 2026 and June 15, 2026.

Interested? Let Us Know! If you're interested in playing for a tournament team, please email ManUpLacrosse@hotmail.com Include your name, graduation year, position, school you're representing, and how many years you've played lacrosse. Someone will get back to you shortly thereafter to see if Summer travel is right for you!

If you have any questions please e-mail Coach Jeff Fedor directly at Jdfedor@hotmail.com