

Form Immediate Publication – FSLAX Press Release, Monday, July 13, 2009.

Frederick Stars Lacrosse Club to Play Exhibition Games with Wales National U19 Teams.

The Frederick Stars Lacrosse Club, also known as FSLAX, and the Middletown Booster Club will play host to the Wales U19 A&B National Women's Lacrosse teams on Wednesday night, July 15, 2009 in a double-header at Middletown High School Turf Stadium. There will be two games, one at 5:30 pm and the other at 7:00 pm. Gates will open at 4:30 pm and admission is free. Concessions will be available.

The first game will feature the FSLAX 2010 rising senior team versus the Wales U19A team. The opening draw will be at 5:30 pm. The second game will feature the FSLAX 2011/12 team (comprised of rising juniors and sophomores) against the Wales U19B team. Although this is an international competition, the games will be played under US women's lacrosse rules.

“This is truly a one of a kind event for Frederick County and Western Maryland lacrosse.” commented Bill Sardella, Director of Lacrosse for FSLAX and Head Coach of the 2011/12 team. “FSLAX thanks the Middletown Boosters for hosting the event as all proceeds will benefit the new turf stadium project. This is a special treat for our players to experience and to play an international team will be something the players will remember for years to come.”

The Wales team is touring the United States and will also play exhibition games against the M&D Lacrosse club as well. FSLAX was selected as an opponent due to its proximity to Baltimore and the reputation of the club as one of the premier clubs in the country for girls lacrosse development.

About FSLAX

FSLAX – Frederick Stars Lacrosse Club is recognized as the first and the premier girls lacrosse club in Western Maryland. The FSLAX story began in June 2002 when 25 girls' players and 3 coaches (Robin Abel, Bill Sardella & Mark Snyder) from Frederick County organized a tournament team dedicated to developing players for higher levels of competition. With dedication to each other and determination to play lacrosse the proper way these girls and coaches were the pioneers of an elite club that has grown to over 90 players on several teams. These players represent the best players in the region from 20 different high schools, 6 different counties and 3 states! FSLAX has remained true to its origins and is dedicated to teaching the game, developing lacrosse players and preparing players for all levels of play. Since 2003, over 68 FSLAXers have pursued lacrosse at the collegiate level. FSLAX is recognized by college coaches across the country and actively recruit FSLAX players for Division I, II & III programs.

The purpose of the Club is to develop the skill, knowledge and abilities of players ages 11-18 in a highly competitive atmosphere with superior coaching and guidance, all while encouraging a passion for lacrosse in a challenging and fun environment. FSLAX participates in the best tournaments in the country, including recruiting showcases for college coaches. Players get the opportunity to showcase their skills, compete against top competition; all while developing their individual and team skills and having a great time doing it. Since 2004, FSLAX has been a member of the Galaxy Lacrosse League (www.galaxylacrosse.com), a league of 18 of the best clubs in America.

FSLAX takes a positive, upbeat and innovative approach to developing its lacrosse players. FSLAX is “Dedicated to the Game” and has been the driving force in the development and creation of youth lacrosse

opportunities in Western Maryland. Press Information/Contact at www.FrederickStarsLax.com or contact Director of Lacrosse at FrederickStars@hotmail.com.