

DUKE'S YOUNG GUNS

Welcome to the Duke's Young Guns program, for players in the 2nd-8th grades. Our focus will be on practice and training, introducing and preparing you for the recruiting process, competing in High Level Invitational Tournaments and preparing you as a player and person for High School and beyond.

Club Profile

HISTORY

Duke's Lacrosse Club was started in 1998 and has a rich history and TRADITION OF EXCELLENCE unmatched by any other Club Team in America.

ALUMNI FAST FACTS

- 94% of Duke's LC Elite High School Players Play College Lacrosse
- 250+ HS All-Americans
- 100+ Division I All-Americans
- 50 Professional Lacrosse Players

STAFF

Duke's Lacrosse has a longstanding tradition with excellence. Our alumni and coaches are current and former Division 1 lacrosse players with All-American Honors, NCAA Championships, MLL/NLL experience, and Team USA.

Our Duke's YG Teams

- 2024** Current 8th grade players
- 2025** Current 7th grade players
- 2026** Current 6th grade players
- 2027** Current 5th grade players
- 2029** Current 2nd and 3rd grade players

Cost

\$600 + Tournament Fees

Includes all practices, team gear, and positional clinics.

Optional payment plans available upon request.

Duke's YG 2029/2030 Team

2019-2020 PRACTICE SCHEDULE

Note: This year our practices begin in the Winter.

Winter: 10 Practices

Spring: 12 Practices + Positional Clinic

Summer: 8 Practices + Positional Clinic

2019-2020 EVENT SCHEDULE

We try for 100% participation at events, but also are flexible to work with families on scheduling issues.

- Spring Gameday at UPenn Men's Lacrosse
- Spring Playday
- Spring Invitational
- Summer Tournament: Blue Hen
- Summer Tournament: Meltdown
- Summer PLL Gameday Trip

Our Development Plan

- 30 Practices led by current HS Coaches with Division I experience
- Positional Clinics in the Spring and Summer led by current professional lacrosse players
- Individual Growth Plans and Evaluation meetings during Summer
- Indoor Winter Practices at ANC Fieldhouse
- Team activities that go beyond games
- A Focus on Fun and Fundamentals to grow the love of the game and skills at all levels
- Train 5x more than game play at this level

Coaching Staff

JACK FORSTER

Dukes YG Director, Head Coach: ANC Lacrosse, Division I All-American (Penn State), Under Armor Philadelphia Coach

Email: jack.forster@ancss.org

ROB FORSTER

Head Coach: LaSalle College High School, Former UPenn Men's Lacrosse Staff and ANC Head Coach, Division I (Penn State)

Email: ForsterR@lschs.org

Visit DukesYG.com for more information