

**South Wake Lacrosse Conference
Boys Middle School Lacrosse League**

FAQ - Questions? Email info@southwakelax.com

What is the SWLC?

The South Wake Lacrosse Conference does our best to mimic a middle school lacrosse experience for local lacrosse players in the South Wake area of Wake County, NC. Currently, Wake County Public middle schools don't offer lacrosse as a sanctioned sport, so the SWLC operates as a "club" offering to allow players to have a school/community based lacrosse experience during the spring season. These teams are not affiliated directly with the schools, Wake County, or area high schools and the league is an independently insured entity aiming to provide a positive experience for the athletes.

For the 2026 Spring Lacrosse Season the SWLC will sponsor teams in the following areas:

- West Cary Green Machine - Athletes in the Green Hope/Green Level, West Cary, Morrisville area of Wake County.
- Dillard Dragons - Athletes in the Cary/Raleigh/Athens Drive area of Wake County.
- Willow Spring Cyclones - Athletes in the Willow Spring/Fuquay-Varina area of Wake County.
- Middle Creek Jr Mustangs - Athletes in the West Lake/Middle Creek area of Wake County.
- Apex Friendship Revolution - Athletes in the Apex Friendship/New Hill area of Wake County.

Athletes that are not in these geographic regions should first check to see if their schools/community offer teams for participation. If you are interested in starting a team in your community please reach out, but at this time we are aiming to service these communities with the resources we have, and can look to grow/add teams in the future.

Do I need previous Playing experience? What is the cost?

There is no cost to participate in the SWLC, but players must provide their own equipment. We don't offer an equipment rental at this time. All players will be provided with a league jersey, league coaching, 12 practices, 6 games, and an end of season playday. Required equipment is a helmet, arm pads, gloves, stick, cleats/running shoes(any sport is fine), mouth guard. Gear can be purchased online or at local retailers such as Lacrosse Unlimited in Cary, Dick's Sports, and Play it Again Sports.

Although there is no cost for league play, an online fundraiser will be offered for league participants, and it is optional to participate but will help off-set league cost and allow for the league to continue to grow in the future.

Is this league for boys or girls, and what grades are allowed to participate?

The South Wake Lacrosse Conference will offer boys lacrosse at this time. Other entities do a great job offering girls lacrosse in the area, and we are happy to direct to those groups if interested. Boys grades 6-8th are allowed to participate in the SWLC. Very experienced 5th graders can join the league in a case-by-case basis, and should reach out to the league prior to registering if interested. No previous playing experience is required, the league will have a mix of players. There are not tryouts, but registration will close if a team becomes full(30 players).

What is the season schedule? Where are games and practices located?

Teams will practice at their local community fields. The league will have their first team practices on February 21st, with games starting on March 14th. Games will be played on Saturday mornings, with game times either at 8:30AM, or 9:30AM on Saturdays (we won't play Easter weekend). Teams will practice on Saturdays until league games start, and have weekday practices (2 per week) starting in March. Weekday practices will be held at 5:30-6PM, for 1.5 hours. Team schedules will be sent out on Team Snap in January. We understand that players might not make every practice, or game with all their spring obligations but we encourage those interested to still sign-up and communicate with their coaches if missing games or practices.

How can I get involved and help with my child's team?

That is great question! The success of the SWLC will be very dependent on parent support and volunteers. If you have previous lacrosse playing experience and would like to get involved in coaching with the SWLC please email info@southwakelax.com. We will also need team parents to help with team organization, uniform handout, and other team activities. If interested in being a team parent please let us know during the registration process. If you know of someone who would make a great community coach for our lacrosse league, please send them our way!