

Agenda

- Welcome and Introductions
- Program Goals and Overview
- Program History
- Lacrosse 101(basics)
- Teams/Divisions
- Equipment
- Registration
- Website
- Key Dates
- Volunteering
- Wrap-up and Questions

Welcome and Introductions

Many parents are involved with coaching and oversight here with this program.

Former players who are not parents also volunteering their time because they believe in the program and having students play lacrosse.

Some of these people are here, and others could not be available because of work.

There is a list of the coaches and other volunteers on the website.

Will be referring to the website on different occasions - easier to look online than to hand out paper

Website: Saintslacrosse.org

Contact: saintslaxlakewood@gmail.com

Program Goals and Overview

Framework

- ❖ Positive
- ❖ Competitive
- ❖ Rewarding
- ❖ Participation (players play)

Teaching the sport

- ❖ Basic skills
- ❖ Strategy

Coaching

- ❖ Winning is important
- ❖ Teaching life lessons is far more important

We measure success by if the player returns the following year and continues playing

Program History

This is 14th season

Still growing along with the sport

Why is the sport growing?

- ❖ Expansion of high school and college teams
- ❖ Very appealing game - fast-pace and nonstop action
- ❖ Similar to hockey, soccer, basketball

Over 200,000 boys and girls played in high school last year - all-time high.

Many players from this program continued playing in high school.

Lacrosse 101 (basics)

Team size - 15-20 players

10 players on the field for 5th-8th grade

- ❖ 1 goalie
- ❖ 3 attack
 - they are near the opponent's goal
- ❖ 3 defensemen
 - they defend their goal
- ❖ 3 midfielders
 - they run the entire field
 - joining the attack on offense
 - joining the defensemen for defense

7 players on the field for 2-4th grade

- ❖ 2 attack
- ❖ 2 midfield
- ❖ 2 defense
- ❖ 1 goalie

Visit website to see Intro to Lacrosse

Teams and Divisions

Member of the Westshore Conference

7th - 8th grades

- ❖ Plays between 10-15 games
- ❖ Tournaments have 3 games
- ❖ Practice 2x a week (indoor session)
- ❖ Season starts in mid-March

5th-6th grades

- ❖ Plays between 10-12 games
- ❖ Tournaments have 3 games
- ❖ Practice 2x a week (indoor session)
- ❖ Season starts in mid-March

2nd-4th grades

- ❖ Plays between 10-15 games
- ❖ Tournaments have 3 games
- ❖ Practice 2x a week (indoor session)
- ❖ Season starts in mid-March

Equipment

- ❖ Helmet \$115 (WE PROVIDE)
- ❖ Stick \$45
- ❖ Shoulder pads \$40
- ❖ Elbow pads \$30
- ❖ Gloves \$40
- ❖ Cup and Mouthpiece \$15
- ❖ **Boys Total Approx \$170**
- ❖ One stop shop (website has details)

Registration

Open until March 8th

Program Fees

- ❖ Grades 2-4th: \$135
- ❖ Grades 5th-6th: \$135
- ❖ Grades 7th-8th: \$150

What are the Fees for

- ❖ Tournament entry
- ❖ Refs for games
- ❖ Fields/Maintenance
- ❖ Equipment (goals, nets, balls)
- ❖ Uniforms

Where to register

<http://lakewood-catholic-academy.siplay.com/site/>

Website

Saintslacrosse.org

- ❖ schedule
- ❖ updates
- ❖ other good stuff

Contact email:

Saintslaxlakewood@gmail.com

Key Dates

Registration: March 8th

Indoor sessions

Games (see calendar on website)

Practices (see calendar on website)

Volunteering

If you have an interest, there is always an open spot to do what you want to do

Coaching

- ❖ No experience needed
- ❖ Certification available (even online)
- ❖ Wonderful community to help

Scoring or being a coordinator

Join the team!

Wrap-up and Questions