

## *South Hadley Boys Youth Lacrosse Parent Information Guide 2010*

The beginning of the 2010 South Hadley Boy's Youth Lacrosse season is right around the corner! The South Hadley Recreation Department in conjunction with the South Hadley Boy's Youth Lacrosse Association is looking forward to another successful season. The season begins in late March and will run into mid-June. If you would like to get involved with coaching or serving on the board, please contact the Recreation Department at 538-5039 for information. This is extremely important this year as we have had a few coaches move on and we will need more assistance than in past years.

It is our goal to have two teams in each age division this season; Bantam (3/4<sup>th</sup> grade), Junior (5/6<sup>th</sup> grade) and Senior (7/8<sup>th</sup> grade). To make this happen, we need everybody to do two things: recruit more players and second we need to have more coaches and board volunteers. Your efforts will make this a better experience for everybody as the kids will receive more playing time and more individualized coaching attention.

*If there is more than one Senior team; we may require evaluations to separate the group into two teams based on ability level. Our other option is to separate teams by grade if the numbers work out in our favor.* For the Junior division, past practice has us separating the two teams by grade level, while the Bantams will be split up evenly between both age groups.

We are proud to once again offer a K-2 program. This program will be co-ed, in-town and will allow the players to experiment with the sport. In response to parent concerns, the players will be allowed to play both lacrosse and baseball/tee-ball as they will not have scheduling conflicts. Please view the K-2 sheet for specific information pertaining to this program. Any grade 2 boy that played K-2 in 2008 is eligible to play with the third and fourth grades this year if they so chose.

*Lacrosse* is a fast, physical, contact sport that incorporates some aspects of ice hockey, basketball and soccer. There is some physical contact in this sport; however the game is designed to be based on skill and finesse. Stick and body checks are not allowed in the Bantam division (grade 3/4).

### **Parents Meeting:**

Traditionally, we hold a parents meeting in March to discuss the upcoming season. The agenda generally includes the following: introduction to the coaching staff and lacrosse board, information regarding required equipment, practice times, team policies, schedules and required fundraising. There will also be a question and answer period for the parents. You will receive this date as the season approaches. **Attendance at this meeting is mandatory for first year parents and players.**

### **Practice Times / Games:**

Practices will start in late March or early April (depending on the weather and game schedule). Practices typically start around 5 or 6pm and may be held indoors at the beginning of the season (ultimately up to the coach) or in local parking lots. We have also held practices on the turf at Holyoke High School prior to the grass fields in town opening for the season. Games will start in mid/late April and will be played during the week and on the weekends. Teams should meet about 2-4 times per week between practices and games.

### Tournaments:

The teams will enter some tournaments which are typically held on weekends. A nominal tournament fee may be charged; however fundraising through the SHBYL will help pay the tournament fees. Your user fee helps to cover the cost of at least one tournament. Dates and game times for tournaments will be announced as the information becomes available. We typically attend tournaments at Springfield College, UMass, Southington and Granby Connecticut.

### Travel:

Away games and tournaments will be held in Western Massachusetts and parts of Connecticut. Car pools may be available to assist those players in need of rides to and from these events. Directions to playing fields can be located at the Connecticut Valley Youth Lacrosse website: [www.cvyll.org](http://www.cvyll.org). South Hadley will play its games at the Town Farm or the Michael E. Smith Middle School.

### SHBYL Website:

The SHBYL has a new website at [www.southhadleylacrosse.com](http://www.southhadleylacrosse.com). This site will be updated throughout the season with some of the following information: game schedules, game results, practice schedule, fundraising, directions, etc... Another popular website is [www.lacrosse.org](http://www.lacrosse.org). Visit this site for information about the sport or to become a member of US Lacrosse (insurance benefits, free magazine).

### Mouth Guard:

Mouth guards are mandatory for all players and will be supplied by the Recreation Dept. Many local dentists will make a custom fit mouth guard for you at little-to no cost. If your child has braces, these mouthpieces will not be adequate and you will have to consult with your orthodontist.

### Equipment:

Participants are responsible to purchase all lacrosse equipment. The necessary equipment is listed below. *The SHBYL and Recreation Department will have a limited number of kits available to rent for new players this season for \$30.* If you are interested in renting equipment, please contact the Recreation Dept. and equipment packages will be passed out based on need. If you have any additional questions, you can ask them at the parents meeting before you make your purchases.

- Helmet (Black is best!)
- Shoulder pads
- Gloves
- Stick
- Elbow pads
- Cleats/ sneakers
- Rib pads

Places like Whips Sporting Goods (Page Blvd in Springfield 739-0069) or Dick's Sporting Goods are great places to purchase equipment. There are many websites and mail order catalogues that will have information. Check out the boy's lacrosse website for helpful links.

Out of Town Policy: South Hadley will allow players to participate from other communities if the following is true: their city/town does not offer a program (Holyoke and Chicopee are good examples) and if we have room in that specific age group. If adding out of town players will

have a negative impact on South Hadley children due to large rosters, out of town children will not be allowed to play. Typically these players allow us to carry smaller rosters which helps everyone receive more playing time!

**Uniform:**

Each player's game shirt/shorts need to be returned at the conclusion of the season. The program's website will list information regarding additional South Hadley lacrosse gear that is available for purchase.

**Contact Information:**

- If you are interested in coaching or have any questions about the program, contact the Recreation Department at 538-5039 or by email to [recreation@southhadley.org](mailto:recreation@southhadley.org).
- If you have any lacrosse specific questions, contact Larry Mann at 237-0142 or [lax73@comcast.net](mailto:lax73@comcast.net).
- Program website: [www.southhadleylacrosse.com](http://www.southhadleylacrosse.com)
- League website: [www.cvy1.org](http://www.cvy1.org)