

South Hadley Youth Girls Lacrosse Parent Handout 2010

Welcome to South Hadley Girl's Lacrosse. The South Hadley Recreation Department will offer four age divisions: co-ed K-2, Bantam (3-4), Junior (grades 5-6) and Senior (grades 7-8). Any girl who is currently in second grade and participated in the K-2 program last season has the option to play either in the K-2 program or play up in the 3-4 grade Bantam division. Ideally we would like to have one team for each grade in the 5-8th grade division like we have done in the past; however the registration numbers will determine the final outcome for team configuration. For specific information about our K-2 program, please look at the handout for that division.

Girls' Youth Lacrosse is a non-contact sport that is played with 12 players (3/4th games may be played with less on a modified field). The game is a combination of the fast pace of soccer and the concepts of basketball which involves passing, shooting, catching and scooping with a lacrosse stick. You can be big or small to play lacrosse and it is a sport of continual motion, which allows everyone to become involved on the field. For more information about the sport, visit the US Lacrosse website at www.lacrosse.org.

Coaching:

Coaches are always needed for Recreation Department programs. We are looking for energetic people with a passion for teaching kids and the willingness to learn. If you are interested in being a head or assistant coach, please indicate that at the time of registration. There will be plenty of training opportunities for the person with limited lacrosse knowledge.

Practices/Games:

Practices will start in late March or early April. Games will start around mid-April and will run through mid/late June. Teams will travel to parts of Western Massachusetts and parts of northern Connecticut. You will play games or practice between 2-4 times a week. There may be some preseason practices held indoors and will be announced as the season approaches. All South Hadley home games and practices will be held at the Town Farm Athletic Fields or the Michael E. Smith Middle School.

Equipment:

Girls' lacrosse is played with minimal equipment. You will need to supply the following: a girl's stick (any price range will do and they are different than boy's sticks), cleats and goggles. The Recreation Department will provide mouth pieces, uniforms and goalie equipment. If you have any questions about equipment, you can contact the Recreation Department directly or ask the coach once he/she contacts you. Recommended places to purchase lacrosse equipment are Whips Sports in Springfield or any Dicks Sporting Goods store.

Mouth guard:

Mouth guards are mandatory for all players. The Recreation Department will provide you with a standard mouth piece. Many local dentists will make a custom fit mouth

guard for you at little-no cost. If your child has braces, these mouthpieces will not be adequate and you will have to consult with your orthodontist.

Team Commitment:

We ask that the players make a commitment to their lacrosse team. Members are expected to make all practices and/or games with exceptions made only for illness, injury and/or excessive school work. Players should not miss practices and/or games due to other extra-curricular activities. Players that miss practices will receive limited playing time during games. Due to Recreation Commission policy and the many conflicts that would result, players in grades 3-8 are not permitted to play softball and lacrosse during the spring season. Lacrosse players can tryout for the summer softball travel team. The K-2 program will be designed so kids can play both lacrosse and tee-ball/softball to see which activity they like best.

Uniforms:

The Recreation Department will supply each 5-8th grade player with a shirt and black skirt that needs to be returned at the end of the season. The Bantam players will receive a tee shirt that they keep.

There has been talk of wanting to purchase new uniforms amongst some of the coaches. A group of parents will have to organize a fundraiser and/or solicit donations to purchase these for the program. Contact the Recreation Department if you are interested in helping or if you know someone willing to make a donation.

Tournaments:

The teams will enter some tournaments which are typically held on weekends. In the past, we have visited Longmeadow, Agawam, Granby CT, Southington CT and Somers CT. The coaches and our budget will ultimately decide where we go in 2010. A nominal tournament fee may be charged to each individual player; however fundraising through the teams may help pay the tournament fees. Your user fee helps to cover the cost of at least one tournament (maybe more depending on total participants and tournament costs). Game times for tournaments will be announced as the information becomes available.

Contacts:

The Recreation Department website is: www.southhadleyrecreation.org. Your coach will contact you in March with your first practice. The Recreation Department will email updates as they become available.

If you have any questions about the sport, its equipment, or joining the board, you should contact the Recreation Department at 538-5039 or recreation@southhadley.org