

South Hadley Youth Lacrosse K-2 Program 2010

The South Hadley Recreation Department is proud to offer K-2 co-ed lacrosse program once again this spring. Lacrosse has become the fastest growing sport in South Hadley, Western Massachusetts and many other areas of the country. This program will introduce kids to the sport of lacrosse in a fun, low pressure environment designed to teach the skills of the game.



In response to parental concerns, we would like to provide children with the ability to experiment with the sport to see if they like it without having to decide between two sports at the younger age groups. For that reason, these kids will be able to play lacrosse and tee-ball, baseball and/or softball in the K-2 divisions. Participants are not allowed to do this in grades 3-8 as the schedules will have many conflicts as they meet multiple times each week.

Program Design: The program is designed to teach the basic skills of lacrosse such as throwing, catching, and scooping through various fun drills and games. The season will progress towards an end of season game/event. Parents are needed to coach these drills with the assistance of the high school players and older youth coaches.

When: The program will meet in late April through the middle of June. The actual day will be selected at a later time and date based on field availability and the coaches schedule.

Where: TBA

Cost: The cost of the program is \$15 and will include a tee shirt and a lacrosse ball. Participants are responsible to provide a lacrosse stick.

Equipment: Participants must provide a lacrosse stick which can be purchased at any sporting goods store. Local options are Dicks Sporting Goods (Hadley/West Springfield) and Whips Sports on Page Blvd. in Springfield (739-0069). If you go to Whips, tell them you are from the South Hadley program to receive a discount. Youth sticks can be purchased for under \$25. Sticks are different for boys and girls and it is recommended to purchase the appropriate stick for your child's gender. Goggles, protective equipment and mouth guards are not required as we will use a soft safety ball (called a "pinky"); however, participants can wear any equipment they would like.

Coaching: If you are interested in coaching this program, please indicate that information at the time of registration or by contacting the department at 538-5039 or at recreation@southhadley.org. For those with a limited knowledge of the sport, there will be plenty of learning experiences through various clinics or attendance at high school or youth games and practices.

