

## Girls' Lacrosse at BYC

Based on many resounding positive responses, BYC is pleased to offer Girls' Lacrosse Intramural and Travel Programs beginning in the Spring of 2009. We are excited about sharing the love of the game with local girls for them to continue the awesome tradition!

This league is intended to introduce girls to the sport of lacrosse in a positive and instructional environment. Competition at all levels will be available to meet each girl's need. Information about both the Intramural and Travel Programs is below.

### Intramural Program

#### 4<sup>th</sup> Grade All Stars

#### Travel Program

#### Equipment

#### Teams

#### Coaches

#### Referees

#### FAQs

#### Great Ideas

### Intramural Program – K through 6<sup>th</sup> grades

The Intramural Program will be designed for the girls' skill level and age.

- **K and 1<sup>st</sup> Grade Beginners:**
  - The objective will be focused on fun, enjoyment, and learning a new sport with limited emphasis on winning and losing.
  - Weekly practices will emphasize fundamental skills (catching, cradling, throwing, ground ball pickups).
  - Short sided games will be introduced when the players accomplish the fundamental skills.
  - Games and game like drills will be played on half size field with no goalies.
  
- **2<sup>nd</sup> – 6<sup>th</sup> grade players:**
  - The program will introduce lacrosse in an atmosphere of fun and learning a new sport with limited emphasis on winning and losing.
  - Weekly practice will emphasize fundamental skills (catching, cradling, throwing, ground ball pickups, attack, defense, passing etc.) by introducing a new skill weekly while continuing to develop all previously taught skills.
  - Short sided games on a half field will be introduced when the players accomplish the fundamental skills.
  - Shooting Nets, rather than goalies, will be used in goals.
  
- How much does the program cost?

- The base registration fee for Kindergarten and 1<sup>st</sup> grade is \$65.
  - The base registration fee for 2<sup>nd</sup> – 6<sup>th</sup> Grades is \$80.
- How will Intramural teams be determined?
    - Girls will be placed into fitting groupings after registration is closed.
    - Their placement will be determined by their age and prior experience.
- Intramurals Schedule
    - The Intramural season will begin the week of April 4, 2009 and will run through May 16, 2009.
      - April 4<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, May 2<sup>nd</sup>, 9<sup>th</sup>, and 16<sup>th</sup>.
- Practice and Game Times and Intramural Format
    - All Intramurals will be played on Saturday mornings between 9AM – 1PM.
    - Specific grade's schedules will be provided after registration is complete.
    - **Kindergarten and 1<sup>st</sup> grades Intramurals** will be held from 9 – 10AM on Saturday mornings.
      - This hour will focus on instruction only initially. After the players learn the fundamental skills, coaches will introduce scrimmages after the instruction portion.
      - 5 v 5 format will be followed, but may be modified based on the players progression.
      - No stick checking nor goalies
    - **Grades 2 – 6<sup>th</sup> Intramurals** will be on Saturday mornings. Times TBD.
      - Sessions will be 2 hours in length.
      - Girls will receive 1 hour of instruction followed by 1 hour games all on Saturday mornings.
      - 7v7 no goalies on a modified field.
      - No stick checking for Grades 2 – 4.
      - Modified stick checking may be introduced for 5<sup>th</sup> and 6<sup>th</sup> grade players if their skills progress sufficiently.
      - The schedule will be issued after registration is closed.
    - **All Star 4<sup>th</sup> Grade Team**
      - Based on those players with advanced skills, approximately 12 4<sup>th</sup> grade girls will be selected from the intramural program to

compete in competitions beyond the in-house intramural mornings.

- Games
  - Approximately 4 games against local teams.
  - A Playday will be planned.
  - 1 Tournament play is possible.
- Format
  - 7v7 no goalies on a modified field.
  - No stick checking.
- Field Location
  - The field locations will be determined after registration is closed.

### Travel Teams (5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grades)

Teamwork and tactics are more heavily emphasized, as the players learn and mature, in the Travel program.

#### Practice and Play Times:

- Twice weekly practices will be on weeknight evenings,
- Games will be played on Saturday and Sunday afternoons,
- Tournament dates and times are unique to each tournament, but are on weekends.

#### Tryouts:

- Players must try out to be eligible to play on a travel team.
- Times: TBD; Please arrive 20-30 minutes early for warm-ups and sign-in.
- Field: Tryouts will be held on local field TBD.
- Players must wear appropriate equipment and are encouraged to bring water bottles.

#### Teams:

- There will be at least 1 travel team per grade.
- Total number of teams will be established based on the number of girls who qualify as well as available coaches.
- Grades may be combined for the Tournament play. (i.e. 5<sup>th</sup> and 6<sup>th</sup> grades will combine to play in tournaments.) This will not affect the Travel Team games as Travel Teams will be restricted by grade level.

#### Travel Schedule:

- The Travel Season will begin the week of April 4, 2009 and will run through June 2009. Each team's timeframes will be based on the Tournaments they choose to attend.
- Schedules will be posted after teams are selected and tournaments are determined.

- Field Location: Locations will be determined after teams are finalized.

Games:

- Teams will play in approximately 8 – 10 games per season.

Game Format:

- 12 v 12 with goalies
- Full sized fields
- Younger teams play with modified stick checking and full regulation rules apply for the older teams.

Fees:

- The base fee is \$95 for a travel player.
- Additional fees will be required for Tournament Registration Fees. The exact fees will be based on the number of tournaments the team decides to play.
- Members must join USLAX as a tournament requirement. <http://www.uslacrosse.org/>
  - Youth \$25
  - High School \$35
  - Adult \$50

**Equipment Needed**

Parents will need to buy their daughter a stick, shin guards, eye goggles, and a mouth guard. “Beginner Kits” may be purchased in a package at local sport stores or through [www.longstreth.com](http://www.longstreth.com)

**Making Sure Your Lacrosse Stick is Sized Right for You**

A girl’s lacrosse stick consists of a head, neck, shaft, pocket, sidewall, throwing strings, and sidewall strings. The plastic head of the stick is screwed onto the shaft, or handle, at the neck. The ball stopper is the foam pad at the bottom of the stick head used to cushion the ball as it rests in the pocket. Stick shafts can be made of aluminum, titanium, wood, or a composite material.

**Sizing the shaft length:**

Girls’ and women’s lacrosse sticks must be between 35.5 and 43.5 inches long. Younger players (ages 6-10) may play with shorter sticks (about arm’s length), but it is recommended that they use regulation-length sticks as soon as possible. A goalie stick should measure between 35.5 and 48 inches long.

Based on the age and body size of a player, you may need to saw off a few inches of the shaft to shorten the length of a stick after purchasing it. When sizing your lacrosse stick, keep in mind that defenders might prefer slightly longer sticks for reach and attackers slightly shorter ones so that they can protect their stick better. Whatever the chosen length, you just need to feel comfortable throwing and catching with the stick.

The standard way to determine a comfortable shaft length is to extend your arm in front of you, gripping the stick a few inches below the stick head at the shaft. Hold the stick horizontal to the ground. Where the bottom of the stick meets the shoulder is generally the proper length for the player.

**Making sure the pocket is legal:**

Before playing, girls should check their stick's pocket for proper depth. The stick pocket is considered legal if the top of the ball is even with or above the walls of the stick head. (Based on stick checks by umpires before games, we highly recommend that for the stick check, the ball be slightly above the wall, not even with it.) If it is not, you need to pull the strings and then secure them to tighten the pocket. These loose strings extending below the head of the stick tend to flap when players are running and can be bothersome. Players often braid their loose strings or use colored athletic tape to ensure that the pocket stays tight.

### **What should the girls wear?**

- Intramural players will receive a team t-shirt and should wear it every week.
- Travel players will receive a uniform for games and tournaments.
- Soccer cleats or sneakers.

### **Teams**

Team information, practice times, and game schedule will be posted after registration is closed.

### **Coaching**

#### **Who are the coaches?**

Because this is a new program, we are looking for many volunteers so please consider coaching a team even if you don't have Lacrosse experience. BYC will offer an interactive coaching clinic to provide basic skill instruction, drills, and sample practice drills.

#### **How do I sign up to coach?**

You may volunteer to coach when you register your players.

#### **When will the coaches clinic be held?**

We will be offering two separate coaches clinic to allow for flexibility. Coaches need to attend only one of these sessions. Head and Assistant Coaches need to attend. Clinic date and times will be determined.

### **Referees**

Youth girls will be refereeing the intramural games. We will offer a referee clinic to provide guidance on rules, regulation, and will provide written guidelines.

- Referees must attend 1 of the Ref clinics.
- Date and time for these clinics is to be determined.
- We encourage all coaches to watch this practice session to help them understand how the refs will be making calls during the games.

#### **How much will the Ref be paid?**

The girls will be paid \$10 for Beginner games and \$12 for grades 2<sup>nd</sup> – 6<sup>th</sup> grade games. If you are interested, please email [lax4girls@yahoo.com](mailto:lax4girls@yahoo.com)

## Frequently Asked Questions

### **When is registration?**

Online registration begins in January (<http://brandywineyouthclub.com/index.shtml>). We ask that you register as soon as possible to help us meet your needs and organize the teams and fields.

### **How much does the program cost?**

The base registration fee for Kindergarten and 1<sup>st</sup> grade is \$65.

The base registration fee for 2<sup>nd</sup> – 6<sup>th</sup> Grades is \$80.

### **What are the eligible ages?**

Girls must be 5 years old by July 31 of the current year to play intramural lacrosse. Team eligibility is determined by the player's age as of August 1.

### **Are girls placed in leagues based on their birth date or school grade?**

Girls are placed in leagues based on their grade in school.

### **What if my child has never played before?**

Now is the time! We encourage players at every level of experience to participate. Most girls are adaptable and catch on quickly.

### **Can I request my daughter play with her friends?**

We will try as best we can to accommodate 1 (please no more than 1) request to play with a friend.

## Great Ideas!

Have your daughters perform everyday tasks using their **non-dominant** hands --- like brushing their teeth and hair or holding their forks to eat their meals --- this will help them get comfortable with using their lax sticks with both hands!