

NALAX Frequently Asked Questions

When does the season start?

The season begins in late February with weekly indoor sessions (approximately five per season), typically on Sundays. These are informal practices designed to get sticks in, or back in, kids' hands. The cost for indoor sessions is included in the spring registration fee, which also includes membership to US Lacrosse (www.uslacrosse.org), the national governing body of men's and women's lacrosse.

How long does the season last?

Once the indoor sessions are underway, teams move outside as the weather permits. When Mother Nature is kind to us, we are outside by the end of March. The Town of North Andover makes the decision as to when the fields are playable, as is the case throughout the season. Game play starts in early April and ends in mid-June. Typically teams participate in the MBGLL Jamboree for the girls, or the MBYLL Jamboree for the boys (which is the largest boys' lacrosse jamboree in the nation), which occur in mid-June.

How are the teams created?

Each league (MBYLL [www.mbyll.org] for the boys' program, and MBGLL [www.mbgll.org] for the girls') mandates that we field teams of equal strength within each level. The coaches use the indoor sessions and early outdoor practices to gauge each player's skill level, then work together in order to create balanced teams.

When are games scheduled? Are all of the games played in town?

Games are on Sundays; times vary week to week. Both MBGLL and MBYLL are a "travel" league. We play opposing teams in the Merrimack Valley, Cape Ann, and North Shore regions. Average travel time for away games is 30 minutes. Our home games are typically at NAHS or Carter Field. ***** Please note that during the 2015 season, there will be games scheduled on Sunday April 19 and Sunday April 26, both adjacent to North Andover public school vacation week. *****

When and how long are the practices? When is the schedule determined?

Typically teams practice twice per week for 90 minutes each session. Most practices are on weekday afternoons, and some teams have Saturday morning practice. In the girls' program, the entire level (for example, U11 girls) practices at the same time and place each week. In the boys' program, some practices are by team only and some are group practices where multiple teams of the same level will practice together, which allows for more scrimmaging and in-game tactical instruction. The practice schedule for both programs is determined by field availability and coaches' availability. Team rosters and final practice schedules are set typically in late March.

Which level is appropriate for my child?

NALAX uses a grade-based system for division of levels. U9 is 1st/2nd grades; U11 is 3rd/4th grades, U13 is 5th/6th grades, and U15 is 7th/8th grades. We also take into account an age-based system designed by US Lacrosse (click here for details). If you have concerns or questions about which level is most appropriate for your child, please don't hesitate to let us know (email addresses for boys' and girls' program directors are below).

Do I need to purchase a uniform or other special gear?

NALAX provides a game jersey and/or a pinnie which must be returned at the end of the season. Players provide their own shorts and socks, preferably black. Players also provide their own cleats or sneakers. Each player is responsible for having appropriate equipment. Girls need a women's-game stick, protective goggles, and mouthguard. Boys need a men's-game stick, helmet, shoulder pads, arm/elbow guards, gloves, mouthguard, and a protective cup. Click here for a great description of equipment requirements.

Is there a "Select" program?

Yes, both the boys' and girls' programs at the U13 and U15 levels offer the opportunity to play on a Select team. There is a tryout and there is an additional fee for this team. An additional practice and game each week is expected of these players. Select games are usually on Fridays, sometimes Saturdays. (There is no Select program for U11 or U9.)

Can my daughter/son play an additional sport in the spring?

For families that choose to participate in multiple sports, it is inevitable that there will be some conflicts. Our coaches understand this and our policy as a recreational program is to not penalize players with less playing time in games due to absence at practices. We certainly encourage attendance at all lacrosse practices in order for each player to improve and therefore have more fun; however we know that players have a variety of commitments. When conflicts arise, we ask that parents keep the coaches informed so that practice plans and game plans can be altered if necessary. Our number one goal is to provide a great experience with the game of lacrosse for all participants.

I don't see the answer to my question here. Whom can I ask?

Thanks for taking the time to learn more about NALAX!

For questions regarding the girls' program, please contact Brooke at nalaxvpg@nalax.net.

For questions regarding the boys' program, please contact Steve at nalaxvpb@nalax.net.

For questions about NALAX in general, please contact Lucy at president@nalax.net.

LINKS

www.uslacrosse.org

www.mbyll.org

www.mbgll.org

<http://www.uslacrosse.org/portals/1/documents/pdf/about-the-sport/us-lacrosse-equipment-fit-guide.pdf>

<http://www.uslacrosse.org/rules/age-eligibility-guidelines.aspx>