



2019

Youth Girls Parents Meeting

Welcome to Cheshire Girls Youth Lacrosse



- John Barto
 - President Girls Youth Program
 - jwbarto@mac.com
- Philosophy & Goals
 - Have Fun
 - Learn the Skills of Lacrosse
 - Play Competitive Lacrosse
 - Focus on Individual Skill Development
 - Your Daughter Returns Next Year

About Cheshire Lacrosse



- **Cheshire Lacrosse Club 2019**
- 1 Club – 4 Groups – Boys HS, Girls HS, Boys Youth, Girls Youth
- Approximately 400+ Players – 120 HS and 310 Youth
- US Lacrosse Organization

- **Girls Youth Spring 2019**
- 176+ Youth Players K – 8th Grade will be divided into 9 Teams
- Registration is still open
- 100% Volunteer Organization at the Youth Level
 - 25+ coaches, multiple administrators & parent helpers
 - Scheduling, Training, Equipment, Fields, Website, etc... Started in October.
 - Coaches – US Lacrosse Members, US Lacrosse Level 1 Training, On-line Concussion Training, Background Checks.

Expectations



- **Respect, Sportsmanship, and Teamwork –**
Players, Referees, Parents, & Coaches
- Coaches – Teach as Much as Possible, Learn the Game
- Parents – Communicate w/ coaches, Be on time with all equipment, Your daughter will need to practice on her own (catch, wall ball), Help the coaches, & volunteer for the Ram Jam

US Lacrosse Changes



- **Major Changes Last Year:**
 - CGYL Lightning (3rd and 4th) will do 8 V 8 w/ goalies
 - Smaller Field
 - 7 V 7 goalies optional
 - Increased touches
 - More open field
 - Easier to develop “field vision”
- **New this Year:**
 - Introduction of self-start to commence play after a foul or out of bounds
 - More on this during the Officials slide

CGYL New This Year



- Player Evaluations 6th - 8th Grade
 - Challenges:
 - Number of players fluctuates every year based on registrations
 - Sometimes there is enough for two full teams at a grade level
 - Very difficult managing playing time for 25-30 girls
 - Additional teams means additional coaches and team schedules
 - Independent Evaluators
 - Excellent lacrosse experience with no familial ties with current players
 - Will establish a baseline for each player to identify strengths and areas of improvement to properly place athletes at the right level
 - Coaches will have input if they feel the evaluators missed something since they have a much larger sampling in most cases
 - Process will better prepare the girls for what they will face in high school and provide immediate feedback on areas to work on for both athletes and coaches

Teams & Schedule Preview



- 3 Senior Teams (1-7th 2-8th - CONNY), 3 Junior (1-5th*Non-CONNY, 2-6th - CONNY), 1 Lightning (3rd & 4th), 1 Bantam (1st & 2nd), K & 1st Clinic
- Practices will be held @ Bartlem Park from 6PM until 7:30ish (dark)
 - There will be a separate notice sent when we have access to the fields
 - Senior Black (8A & 8B) Practice on Wednesday & Friday
 - Senior Red (7th) Practice on Tuesday & Thursday
 - Junior Black (6A & 6B) Practice on Tuesday & Thursday
 - Junior Red (5th) Practice on Wednesday & Friday
 - Lightning (3rd & 4th) Practice on Monday & Wednesday
 - Bantams (1st & 2nd) Practice on Tuesday & Saturday
 - Clinic will be held 6 Tuesday's starting April 23rd at Doolittle**
- Schedules will have at least 10 to 12+ events – Still adding games
- Most teams will have at least 3 Jamborees
- Wrap up the season with the Ram Jam on Sunday June 9th & pizza party 6/10

Upcoming Events



- **Indoor “Preseason”:**
 - March 13th, March 20th & March 27th 5-7PM @ CFC in Hamden
 - Team schedules are TBD and will be ready by the end of the month
- **CHS Turf**
 - TBD, we will know by the end of the month
- **March 17th – Youth Ref Certification @ CHS Turf Field**
 - Scrimmages TBD by Jenn Beling

Kerry Brown – Vice President



- **Goalies:**
 - Most important Position
 - No Goalies for Bantam
 - Lightning: Looking for goalies to train, everyone should try it
 - Junior & Seniors: Looking for goalies to train
 - Equipment
- **Quinnipiac Women’s Lacrosse Supports Youth Lax!**
 - Opportunities to play at half time during QU games
 - Meet with QU team after the game
 - Free admission and parking, wear Cheshire attire!
 - Quinnipiac Women’s Lacrosse Youth Day is this Saturday. Quinnipiac vs LIU Post at 12pm free admission and parking
- **Summer Camps**
 - CT Choice Girls Lacrosse Camp – Dan Warburton – sign up through Park & Rec

Kerry Brown – Vice President



- **Summer Camps (continued)**
 - Team203 summer camp at Cheshire Academy July 24th and July 25th.
 - Quinnipiac Youth Clinic – quinnipiacbobcats.com
- **Girls Lacrosse Clubs**
 - Team 203 team203lacrosse.com
 - Noreaster – noreasterlacrosse.com

Equipment – Sam Ugrin – Manager



- **Required**
 - Reversible pinnies provided by the club
 - Important – US Lacrosse Membership which provide additional insurance & Lacrosse Magazine (Club will register your daughter w/ club)
- **Required Equipment – Stick, Colored Mouth Guard, Goggles and Cleats**
 - Also girls will be unable to participate in practice or games while wearing jewelry (earrings, necklaces, metal, rubber, or cloth bracelets, etc...)
- **Optional**
 - Helmet, available at Cheshire Sports
- **Cheshire Sports – Having a Lax sale 2/23 and 2/24**
- **Goalie Equipment Provided by the Club**
- **Dick's 20% off for USL Chapter Members March 2nd and 3rd**

Officials



- **Officials Coordinator** – Jenn Beling
(jennbeling@yahoo.com)
- **2019 Rule Changes**
 - Introduction of self-start to commence play after a foul or out of bounds
 - Creation of a cleared area, the penalty zone applicable for 8 meter penalties at the 10U, 12U and 14U levels
 - Introduction of transitional checking at the 14U level (already doing this)
- **2019 Rule Emphasis**
 - Obstruction of Free Space to Goal – Opportunity to Shoot
 - Rough and Dangerous
 - Empty Stick Check – Intentional vs. Incidental Contact

CHS Girls Lacrosse Coach



Dan Warburton

- Encourage young players to use their non-dominant as much as their dominant
- Encourage a love of defense and its value to them as a player and team
- Encourage goalies and continued development at the position. It is the most important position on the field
- Remember that playing at a high level against great competition is more important to progress than a team's record
- Have a great time and enjoy the season. Players love of the game brings them back and creates an atmosphere where they want to continue getting better
- Encourage players to keep working hard. Some of my favorite memories and moments have been seeing players who were determined and worked their way into time at the varsity level. Nothing is pre-determined at this point for a player.

Dan Warburton (cont.)



- In the next month the high school coaches and players will be holding two clinics for the youth coaches. These clinics will cover offensive and defensive concepts we utilize at the high school level. The lacrosse community continues to grow if we work together and help each other grow.
- The high school team has some great games scheduled this year and we would love to see you there supporting us. I know the older girls love seeing the youth players come out. Schedules are available at www.casciac.org.
- I am sorry I couldn't attend the meeting this year. I hope you all have a wonderful Spring and I'll see you out on the fields!

Ram Jam – Elaine Daly



SUNDAY JUNE 9th

- Volunteers – We would love to get some this evening!
 - Sign-up Genius will be used
 - Invite will be posted in May
 - This is the best way to help the club in a volunteer capacity
- Raffle: \$5/player for baskets due week of 5/10 at practice
 - Each team creates a raffle basket for the Ram Jam to raise money for the club

Medical Points – Jean Caplan



- Warm-up/cool down, Active Stretching Hydration, Shin Splints, ACL Injury Prevention, Concussions
- Parents/guardians are responsible for informing the coaches of any medical conditions, alerts, accommodations, etc.
- Helpful Links to explore more information:
 - www.cdc.gov/concussion/Headsup
 - www.uslacrosse.org/safety
 - Great video and PDF on Concussion Safety
- Additional Contact Information:
 - Jean Caplan A.P.R.N. Email: jeanlavincaplan@gmail.com

Communications and Information



- **Club Webmaster – Dick Naramore (dnaramor@csc.com)**
- Go to www.cheshirelacrosse.com – This is the main website
- All of the information and team communications are done thru the website and through e-mail
- Keep an eye out for late breaking practice or game cancelations, weather decisions, game updates, etc...
- Check the website often for additional information & announcements. Apps: League Athletics, SI Play
- If you wish, you can print your own rosters & schedules (password is “myrams” for all rosters)
- Link game & practice schedule to you own calendar, set-up automatic alerts

Cheshire Lacrosse Apparel



- **Online store through Chill-Life.com**
 - Great gear for great prices!
 - Tee shirts, Long Sleeves, Hoodies, Sweat Pants, Blankets, etc.
 - <https://chill-life.com/collections/cheshire-lacrosse>



- **Closing**
- **Team Breakout**