

DOUBLECROSSE 7/8 (14U)

Parent Meeting | January 27, 2019

COACHES

- Amanda Hultz - Head coach
- Andrew Bagley - Grade 8 parent coach
- Chelsea Lundstrom (Hultz) - Head coach
- Greg Williams - Grade 7 parent coach
- Brian Hultz - Volunteer coach
- Catherine Millan - Grade 8 parent coach

Team Philosophy: We want kids to have fun, grow their lacrosse skills, and learn the leadership and collaboration skills they need to grow into resilient human beings.

SPLITTING OF TEAMS

- The 14U teams are comprised of both 7th and 8th grade players and will be split into two teams based on skill level.
- The following are taken into consideration when splitting teams:
 - Fundamental skill level
 - Conditioning level
 - Attitude/respect
 - Commitment/attendance
- After the first two weeks of practice, coaches will determine two rosters and rosters will be posted on the Doublecrosse website by March 10th.

PRACTICE TIMES

Monday & Wednesday - 5:00-6:30pm @ Magnuson Turf Field #7

There may be practices during the season that will be 2 hours (5:00-7:00pm) - we will provide sufficient advance notice.

Practices begin on Monday 2/25

Thursday optional skills practice facilitated by players and parent coaches on 5:00-6:00pm





PRACTICE EXPECTATIONS

- Come to practices **on time, ready to play** (cleats and gear on by practice start time).
 - Expectation if running late to practice is that player **run** to field.
- Give 100% full effort from start to finish.
- Have a positive attitude, be team oriented, and always show **good sportsmanship**.
- **Be respectful** to all players and coaches, listening to instructions and asking questions.

PRACTICE FORMAT

- Both teams will practice together, and there may be times at practices we split into teams or in other ways for efficiency.
- **Practice is never cancelled.** In case of lightning we'll go to the covered picnic area for safety reasons.
- One coach will always remain with players at the end of practice until pick-up.
- Can't make practice or know you'll be late? Please contact the coaches via text/email.
 - We encourage players to inform coaches directly via text.

GAME EXPECTATIONS

- It is required to RSVP for each game. Please use the **Sports Illustrated (SI) Play App** to RSVP for games.
 - We ask that you RSVP for the entire season once game schedule is posted.
 - RSVPs can be changed prior to game if needed. If you need to change a RSVP, please do so at least **24 hours prior to a game and inform coaches** of this change via text/email.
- Arrive at the field **60 minutes before** game time.
 - Players who arrive late will not start the game.
- Playing Time/Positions:
 - Playing time will be shared as equally as possible during games.
 - We think players will develop better if they play all positions, however some players may request or have position emphasized throughout the season based upon coach's discretion.
- Playing time is earned by showing up to practices, being an active participant, being engaged, and showing respect to teammates and coaches.
- **Support and cheer** on teammates from the sidelines during the games!
- **Always respect and listen to the officials!**
- If we are winning a game by, for example, 10 goals or more, we may create rules to make the game more fair and fun (non-dominant hand only, 5 completed passes before a shot, etc.).
- **Winning is fun, however our main emphasis is to provide a fun, developmental atmosphere where the players learn about the game, teamwork, and fitness enhancement. We believe that success is found in striving for the victory, and is related to commitment and effort.**



PARENT EXPECTATIONS

- Volunteerism - the foundation of Doublecrosse
 - Parent coaches
 - Scorer/Timers
 - Practice help
 - Sideline managers
 - Board members
- Recruiting players - **help us grow the program** within your networks!
- Carpooling and **on time** practice/game drop-off and pick-up.
 - If you would like help facilitating a carpool, please reach out to parent coaches.
- **Set the example.** Show respect for players, coaches and officials. Sideline cheering, not sideline coaching.
- **Please be supportive of the officials, especially if the officials look to be high school students.** If you have a question, the coaches are HAPPY to talk after games about any concerns or explain calls that were made.

RULES & SAFETY

- Coaches and players will discuss rules of game together, as a method to teach accountability and safety.
- Players should have hair pulled back out of face into ponytails, etc. to prevent vision being impaired for all practices and games.
- Jewelry of any kind (even hair ties on wrists) are not allowed for games or practices.
- Please assist coaches during practice/games to ensure spectators are not on field.
- Copies of the rules are available on [US Lacrosse website](#).

EQUIPMENT - [US Lacrosse Resources](#)

Required for every practice and game:

- Women's lacrosse stick - [legal women's sticks list](#)
- Protective eyewear/goggles - [approved eyewear list](#)
- Mouthguard - must fully cover the teeth, visible color other than clear or white, and must not have graphics of white teeth. There shall be no protruding tabs for field players.
- Reversible jersey (once distributed)
- Water bottle
- Grass cleats (practices at Magnuson are usually on turf; games may be on grass or turf)

Optional for every practice and game:

- Headgear/helmets - [legal women's headgear](#)
- Women's/girls' lacrosse gloves
- Turf cleats (practices at Magnuson are usually on turf; games may be on grass or turf)



Recommendations:

- Stick suggestions: Brine Dynasty family (II, III, Elite) and the STX Crux family (100, 300, 500 - not the 10 degree).
- For equipment purchases: Longstreth.com, Lax.com, Lacrossemonkey.com, SportsStop.com

CLOTHING

- The first part of the season is cold, rainy, and windy. Please make sure your child is prepared for the weather and has the following items with them at practice.
 - Pile/fleece pants and top
 - Warm hat
 - Rain coat
 - Thin gloves
 - Hand warmers
 - Trash bags to keep backpack/items dry

COACH CONTACT INFORMATION

Please save the following contact information. We will strive to communicate with parents and players as much as possible during the season. If any questions need answering please ask via text/call/email.

Head Coach Amanda Hultz
Cell Phone: 425-293-2080
Email: ahultz@comcast.net

Head Coach Chelsea Lundstrom (Hultz)
Cell Phone: 425-238-2301
Email: cbhultz@comcast.net

IMPORTANT DATES

- **February 2nd** - Registration closes
- **February 25th** - Practices begin
- **March 4th** - Final schedule posted
- **March 16th & 17th** - Youth officials rating jamboree games
- **March 23rd** - Official season games begin for league
- **June 1st** - Youth Jamboree at Starfire Field

ADDITIONAL RESOURCES

- **Doublecrosse Website:** <http://doublecrosse.com/>
- **Washington Girls Youth Lacrosse Website:** <http://waglax.org/>
- **Girls Game Overview:** <https://www.uslacrosse.org/parents/girls-game-overview>
- **Game Rules Video:** https://www.youtube.com/watch?v=Rqp_oJANvMQ
- **Concussion Awareness:** <https://www.uslacrosse.org/safety/concussion-awareness>