



To: 7th & 8th grade boy's lacrosse teams parents & players
Date: February 23, 2011
From: FHC Ranger Youth Lacrosse Club
Subject: FHC Lacrosse Club 7th & 8th Grade Boys Team Descriptions

The purpose of this letter is to provide information regarding the boy's 7th and 8th grade outdoor lacrosse seasons.

Three teams will play this season, with approximately 18-22 players per team. This is an optimal number of players for a middle school team and should provide an opportunity for all to play an extensive amount of time! All teams will be combined 7th & 8th grade teams, which mirrors what the majority of schools in Michigan field at this level.

The teams will be as follows:

- "Ranger" team that will travel, practice & play 5-6 times per week and compete against the better/best teams in Michigan. This will be a highly competitive team atmosphere and tryouts will be required.
- "Green" & "White" teams that will be as equal as possible from a skill & experience perspective and play a "B" level schedule. Three to four practices and/or games per week. **One team will be headed up Dan Baily and Ned Quinn, we are looking for more coaches for the second team .If you are interested in coaching please contact Tim English, at tenglish@inkonit.com or 292-6780**

Ranger Team

- Try-ins for the Ranger team will be held at Woodland Sports plex nights (March 6^h, 13th) from 1:00–2:30 p.m.
- Players will be evaluated by Coaches within the FHC Ranger Program, and knowledgeable outside lacrosse coaches who do not have 7th & 8th grade players in the program.
- Team will be announced on Monday, March 14th.
- Practice for the Ranger team begins March 14th (see schedule for March below)
 - Generally, you should plan on five or six days per week (practices & games) for the Ranger team.
 - Game travel could involve several trips of 2+ hour drives; plus the possibility of a few extra tournaments which will add extra cost for each player of up to \$125 (plus hotel & food).
- Focus will be skill advancement, highly competitive play and sportsmanship.
- Players will play a minimum of 25% per Michigan Youth Lacrosse Association (MYLA) requirements.

Green, White Teams

- Coaches for the 7-8 Green & White teams will conduct practices with all players not selected for the Ranger team to introduce drills and evaluate skills. These practices begin March 13th (see below).
- Two teams will be formed (called “Green”, and “White”) and will be created by March 20. The Green and White teams will be created as balanced as possible for each position.
- Once teams are formed, practice for the Green & White teams begins March 21st at MVP. Generally, you should plan on three or four lacrosse events per week (practices & games) for the Green & White teams.
- Focus at this level will be on skill advancement and competitive play with an emphasis on sportsmanship.
- Players on the Green & White teams will play a minimum of 25% per Michigan Youth Lacrosse Association (MYLA) requirements.

Additional Assistance Needed!

In addition to volunteering as assistant coaches (no lacrosse experience necessary and the boys get a much better practice with multiple adults present to help with station drills!), each team will need parent volunteers to act in the following roles:

- One parent for communications & overall coordination with other team parents (game and practice schedule, travel directions, coordinating other roles). Additional parents needed for:
 - Acting as sideline timers and keeping the scorebook for home games
 - Setting up the field for home games with cones & end-line balls
 - Coordinating energy snacks for each game (bananas, oranges, etc.)

Any questions you may have regarding boy's 7th- 8th grade lacrosse through the FHC Ranger Youth Lacrosse Club may be directed to Tim English, tenglish@inkonit.com, mobile 292-6780

Practice Schedule

- Sunday March 6th 1-2:30 at Woodland,
- Sunday March 13th 1-2:30 at Woodland
- March 14th 5-6:30 at MVP-Ranger
- March 15th 5-6:30 MVP- Ranger
- March 16th 5-6:30 MVP-Ranger, Green and White
- March 17th 5-6:30 MVP-Ranger
- March 18th 5-6:30 MVP-Ranger, Green and White
- March 21st 5-6:30 MVP-Ranger, Green and White
- March 22nd 5-6:30 MVP-Ranger
- March 23rd 5-6:30 MVP-Ranger, Green and White
- March 24th 5-6:30 MVP-Ranger
- March 25th 5-6:30-MVP-Ranger, Green and White
- March 28th 5-6:30-MVP-Green and White
- March 29th 5-6:30-MVP-Ranger

Other Key Information

Event: Round Robin play with Detroit Warrior, Western Springs, Fox Valley A and B teams
 When: May 7,8
 Where: Tentatively FHC HS

Event: Play Detroit Sting
 When: May 14,15
 Where: Birmingham Brother Rice HS

Event: Cranbrook Lax Jam
 When: June 3,4,5 2011
 Where: Bloomfield Hills, MI 48303

Event: WMYLL End of Season Tournament
 When: May 19,20,21
 Where: Rockford Middle School

7th & 8th Grade	<u>Division 2</u> 2 Teams	<u>Division1- Ranger</u> 1 Team
Team focus	Skill advancement; competitive play & sportsmanship	Highly Competitive vs better/best programs in Michigan; sportsmanship
Schedule	12 league games plus out of league games	12 league games plus out of league games
Schedule level	"B" level 7-8	"A" level 7-8
Game travel requirements	Moderate travel within one hour, one tournament in West Michigan, Cranbrook, other high level b programs	Extensive travel including Detroit area, South Bend and possibly Indianapolis and/or Chicago
# of lacrosse events per week (practices & games)	3-4	5-6
Playing time	may not be equal (25% minimum guaranteed)	may not be equal (25% minimum guaranteed)
# of players	20-23	17-21
Team assignment	7-8 Green & White teams as equal as possible	2 days of competitive tryouts by position
Selection process	7-8 Coaches & Coaches Committee; after several joint practices	7-8 Coaches & Coaches Committee + outside evaluators during tryouts
Coaches	Parent Head Coach & assistants	Parent Head Coach & assistants