



Sycamore Lacrosse Association

Spring 2019 Girls Youth Parents Meeting

www.sycamorelax.com

Welcome to Sycamore Youth Lacrosse. We are excited that you have decided to join the program this year. This packet contains general information about equipment, practices, games, skills & positions

Mission:

To have positive effect on the lives of our players by teaching them the game of lacrosse and sharing the many lessons available through playing team sports.

Goals/Philosophies

- Develop the proper techniques (fundamentals first) for playing lacrosse.
- Adhere to the “honor the game” philosophy as stated through US Lacrosse, respect the “ROOTS” of positive play
 - Rules - We refuse to bend the rules to win
 - Opponents - A worthy opponent is a give the brings out our best
 - Officials - Show respect even when we disagree
 - Teammates - Never do anything to embarrass our team
 - Self - We live up to our own standards even when others don't
 - Build confidence and create friendships both on and off the field

Required Equipment – Practice & Game



PARENTS: It is helpful to keep an extra mouth guard in your glove box. Mouth guards are the #1 forgotten item, and play will not occur without one. Mouth guards must be **COLORED!**

Practice: Wear practice pinnie at each practice and uniform and black shorts/skirt to games.



PRACTICES



Important practice information for '19 Season

1. Practice schedules & locations:

Final practice schedules & locations will be listed on our website Sycamorelax.com. The following information is only accurate as of 1/27/19 and subject to change.

3-6th Graders

- Practices are Mondays & Wednesdays
- 1st week (2/18 & 2/20) @ Greene School, 5:15pm-dark (approx. 6:30pm)
- 2nd week, 2/25, and beyond: @ Sycamore High School or EH Greene School grass fields, 5:15pm-dark.
- After daylight savings time (3/10) @ SHS or EH Greene School grass fields, from 6:00pm - 7:30pm. Coach will inform parents to chosen location.
- Practice time and location may change based on weather and temperatures. Communication of change will occur through SI Play or League Athletics app.

Kindergarten-2nd Graders (K-2)

- Practices begin on 3/11, on Mondays and Wednesdays, @ EH Greene School, 6:00-7:00pm.
- Once games start, 4/7, practices will be once a week, on Wednesdays, from 6-7pm
- We would like at least one parent to accompany their girl for the first 10 minutes of practice to help assist with throwing and catching.

2. Practice Cancellations or Changes:

If practice is changed, email/text notifications will go out from the Sycamore Youth Lacrosse League website. (Please make sure your email is accurate & we strongly encourage accepting text messages). Practices may be moved or cancelled for the following reasons:

- temperature below 40 degrees
- lightning, rain, and threat of storms approaching
- wet field conditions

We have reserved indoor gym space to manage bad weather

3-6th

- Gym location will be Greene School 6:00-7:30pm.
- Wear GYM shoes, no cleats.

K-2

- Gym location will be Maple Dale 6:00-7:00pm.
- Wear GYM shoes, no cleats.

3. What to wear and bring to practice:

- ALWAYS WEAR YOUR PINNIE TO PRACTICE!!!
- Always bring your colored mouth guard, lax stick, water bottle, cleats and goggles.
- Please have your daughter dress for the weather: temps drop quickly and it can get very cold & windy on the high school fields. Please have your daughter wear a coat, pants, hats and gloves when needed, its easier to remove extra clothes than add ones that aren't available!

Oh -this is important...**PLAYERS NEED TO USE THE REST ROOM PRIOR TO PRACTICE** – an outside “Port-O-Let” restroom facility available for our use but its a run to get there and many of the girls don't like using it.



GAMES



Important GAME information for '19 Season

1. Key Dates and Reminders:

- Please use the www.SYCAMORELAX.COM for practice and game schedules for each team.
- Our Southwestern Ohio League (expected mid-February) has not yet finalized games but schedules will be posted online as soon as they are available.
- Game Schedules sometimes change during the season; notifications will be via email.

3-6th

- Games will be held primarily on SATURDAYS
- March 2 - first day of scrimmages (Wyoming Play Day)
- March 9 - May 18 - regular season games for 3-6 grade teams
- April 28 - Comet Cup Tourney @ Mason
- TBD Youth Night @ Sycamore Jr. High with 7/8 grade team

K-2

- K-2 games will be held on SUNDAYS
- April 7 – May 19 = regular season games for K-2

- February 16/17 - Dicks Shopping Day
- TBD Picture Night
- TBD Youth Night at Sycamore HS
- TBD End of Year Picnic
- TBD possible attendance at an OSU or UC women's game.

2. Attendance Notifications:

- Please communicate with your coach regarding your player's attendance for both practices and games. A quick text or email is appreciated to appropriately plan for both.
- We will assume you will be at practice and games unless we hear otherwise.

3. Locations of Games:

- Locations are published on our website: sycamorelax.com and can be found on the SI Play app.
- Please note that locations of games can sometimes change due to field conditions. If a location is changed, you will be notified via email or text.

4. Game Cancellations:

- If a game is canceled, you will be notified by email or text.
- Lacrosse is often played in rain. If a lightning alarm is triggered on a field, all play is stopped, and a mandatory 30 minutes wait time will occur before the game can continue. This is for the safety of all involved in the sport.

5. What to wear on game day:

- *Please wear your jerseys and black shorts or running skirt to each and every game!*
- Bring a water bottle, colored mouth guard, goggles, stick and cleats, gloves and hats if weather is cold.
- PLEASE ARRIVE 30 MINUTES PRIOR TO EACH GAME, or AS COMMUNICATED BY YOUR COACH.



OTHER

Other important information for '19 Season



1. End of Season Picnic Celebration:

- Every year we have an end of year Picnic to celebrate the hard work and success of the season. This will occur sometime during the weeks of May 21st or May 28th. You will receive further details and requests for assistance as the season moves forward. **WE NEED PARENT VOLUNTEERS TO HELP ORGANIZE!** (We do have a “playbook” from past volunteers making this task much easier.)

2. **Team Pictures:**

- We have not established a date for pictures yet, but will inform as soon as a date is chosen.

3. **Fundraising**

- Please consider supporting our team with passive donations from
 - Amazon Smile or
 - Kroger Plus Card Donations.
- Visit our website sycamorelacrosse.com for more details in the *General Information* tab then *Fundraising*.
- You can purchase Sycamore Lacrosse Spirit wear here. <https://blatantteamstore.com/collections/sycamore-lacrosse-association-team-store>

4. **Communication- Website and downloadable app**

- Refer to www.sycamorelacrosse.com for additional game/practice information and links to offseason opportunities. Instructional/demonstration videos can also be viewed on our site.
- Download the **SI Play** app in the app store to be able to have all up to minute communication on game and practice information and changes.



SKILLS

Skills for the Youth '19 Season



There are many skills necessary to become a good lacrosse player and developing these skills takes time. Please encourage your player at home, remind her that we are not born with a stick in our hands and that practice will absolutely make her better, and mistakes and dropped balls are all a part of the process. If she continues to practice and spends even a few minutes a day throwing the ball against the side of the house, her skills will improve dramatically! Below are skill sets your player will learn this season.

Girls Youth Lacrosse Skills

- Throwing- right hand and left hand
- Catching - right hand and left hand
- Picking up groundballs - scooping (good clean scoops can control a game)
- Cradle – dominant and non-dominant hand
- Communication – learning each teammates name allows players to know where to toss the ball without having to stop and search for open players. Example: “Ball! Jenny! I’m open! Over here!”
- Field Awareness - learning offensive and defensive triangles, where player is in relationship to goal, ball and opponent.

Positions

Players will learn the different positions on the field and begin to understand how they relate to each other on the field. Throughout the season, each player will have an opportunity to play every position. We will encourage each

girl to play a variety of positions in order to develop an appreciation for her teammates and the skills that will be necessary at each position as your player advances through her lacrosse career. This also helps players to learn new skills and better understand the game of lacrosse. All positions are equally important!

- Attack (Offense)-
 - Located on the offensive portion of the field, behind the restraining line. Primary objective is to score. The offense should be passing frequently to keep the ball moving to keep the defense unsettled, good communication, stick skills and passing and catching are a must.
- Defense-
 - Defense is located in the defensive end of the field behind the restraining line. Primary objective is to prevent the other team from scoring. Field awareness, body position, passing, scooping, quickness are skills beneficial on defense.
- Middie – (Mid Field)-
 - They play a dual role of both offense and defense and can utilize the entire field. Speed, endurance, good stick skills, scooping, field awareness, passing, catching are helpful in being a good middie
- Goalie- Last line of Defense (not the only);
 - Everyone will be given an opportunity to play goalie (3-6th graders). Teammates should always support their goalie regardless of outcome.

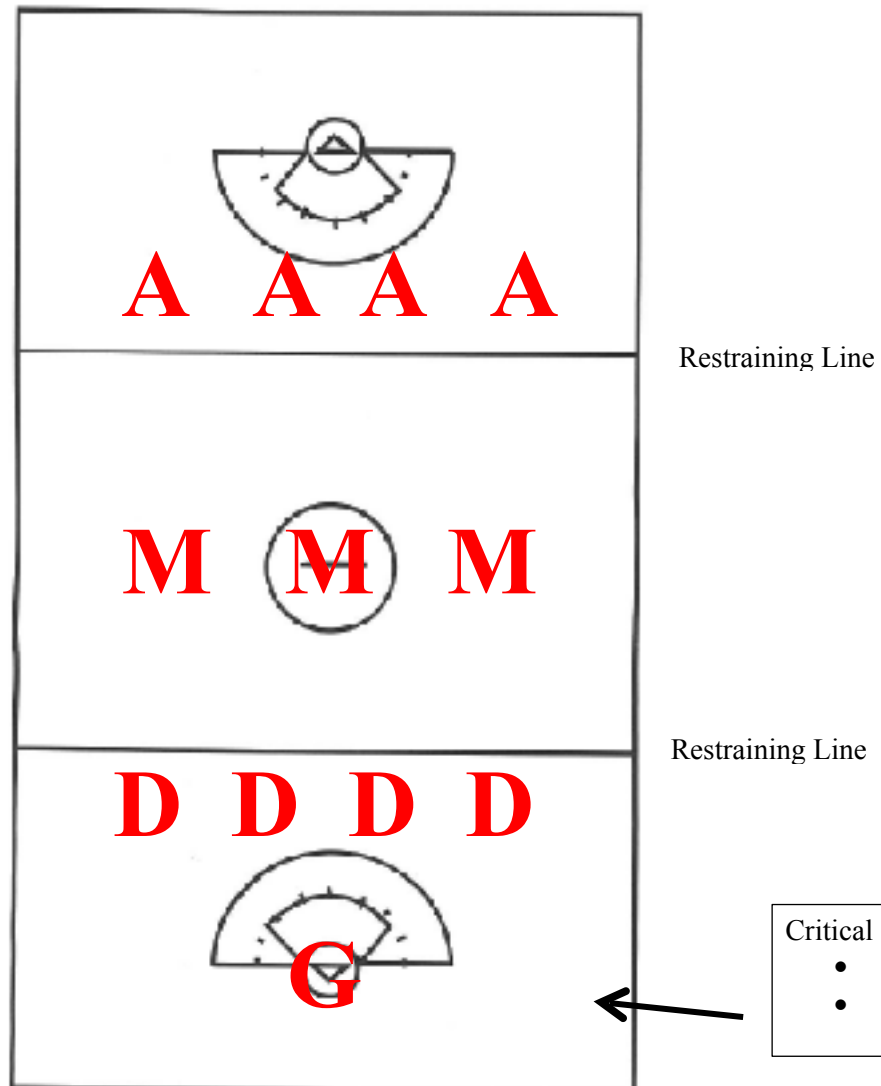
A and B Teams (5th-6th graders)

- 12 vs 12
- Full Field

A OFFENSE
“Attack”

M Mid Field
“Middie”

D Defense



- Critical Scoring Area
- 12 meter arc
 - 8 Meter arc

See the US Lacrosse website for more detail or to download a rules packet- <https://www.uslacrosse.org/rules/girls-rules>

C Teams (3rd - 4th graders)

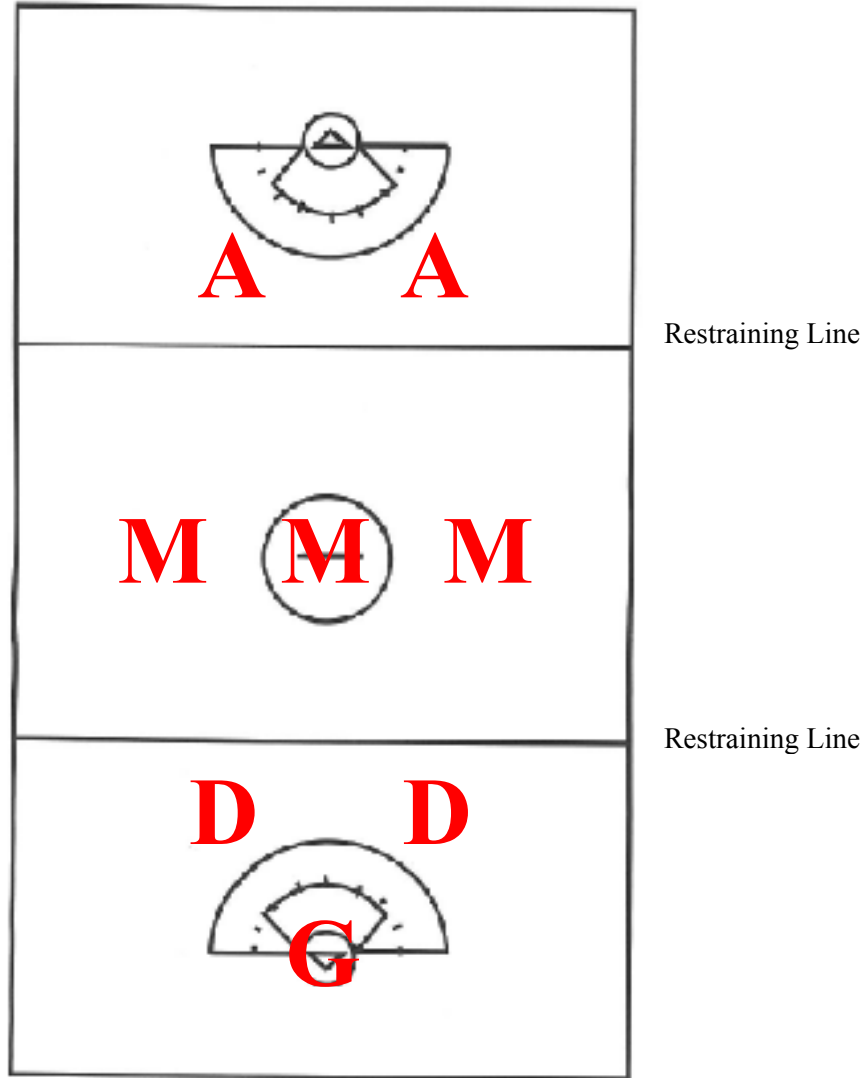
- 8 vs 8
- Modified field (70 yard field)

A OFFENSE
“Attack”

M Mid Field
“Middie”

D Defense

G Goalie.



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Go Aves!

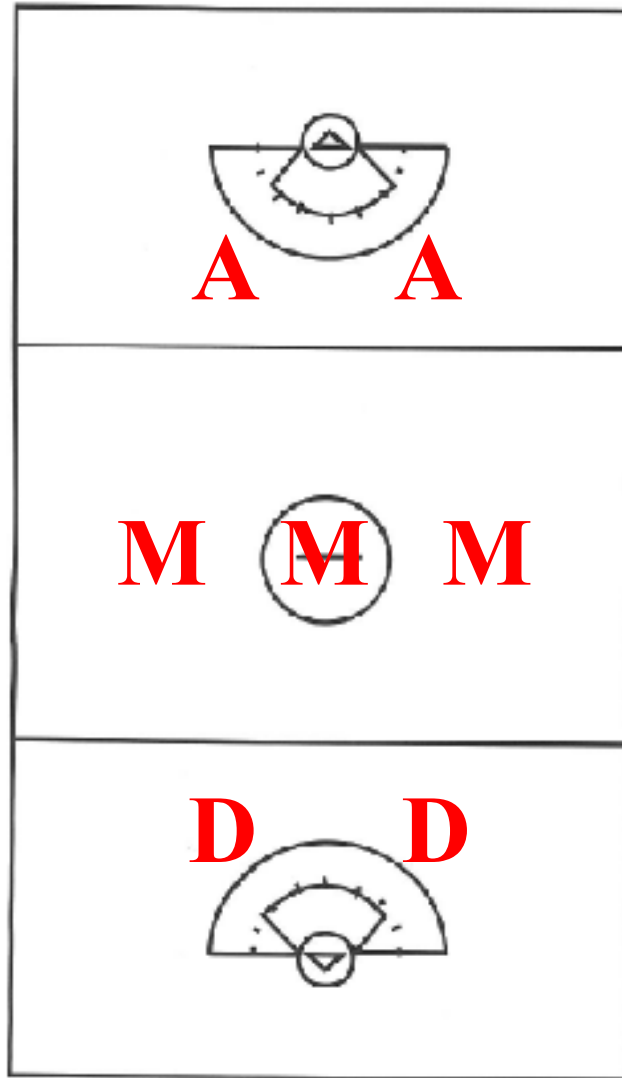
D [Lightning] Team (K – 2nd graders)

- 7 vs 7
- Modified field (50 yard field)
- No goalie

A OFFENSE
“Attack”

M Mid Field
“Middie”

D Defense



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Go Aves!