Spring 2019 Boys' Parents Meeting

www.sycamorelax.com

Welcome to Sycamore Youth Lacrosse. We are excited that you have decide to be a part of the program this year. This packet contains general information about our philosophies, player positions, equipment, practice, and games.

Mission

To have a 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 gift that 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
- Encouragement is at the forefront of all messages we send the kids
- Keep it FUN for players and coaches – if it's not, they won't come back
- Stay "Light-hearted" as coaches, share laughs, don't take it all too serious
- Ask for each player's "best", understanding everyone's "best" is relative

Issue resolution Policies

- If a non-critical issue (i.e. playing time, position played, etc.) arises for a player or a player's parent/guardian, **24 hours should pass before addressing the issue with the coach**.
- If a critical issue (player or coach game misconduct, abusive fan, etc.) arises for any player, coach, parent/guardian, or visitor - the SYL Board will use their discretion to address the issue in a timely manner, immediately if needed.

Communication is Key

Find key team and Association information at www.Sycamorelax.com and at the SI Play App (for those returning, this has replaced the SI Play App).

All important team information will be communicated through both the website and the App. Please download the app to your phone through the Apple or Android App store.

Resources

- You can find general information about the game of lacrosse following the "New to Lacrosse?" Link from the home page.
- You can find fun (at home) training videos by following the "Player Development" link from the home page. This link also leads to information about summer camps and leagues.

Spirit Wear

You can purchase Sycamore Lacrosse Spirit Wear. You can link to the Spirit Store through the Team Spirit Wear Store button on Sycamorelax.com or directly at: https://blatantteamstore.com/collections/sycamore-lacrosse-association-team-store . For the first time, the store will be open year-round. Time from order to ship will be 10-14 days.

Gear, such as helmets and uniforms will remain available at the "Gear & Equipment Store" on the website.

Skills for the Youth 2019 Season

Lacrosse skills take more time to pick up than some other sports (such as soccer). Please be patient as a player and parent and know that each child is an individual and learns at his/her own pace and skill level. Below are skill sets that players will learn this season.

Fundamental Lacrosse Skills

- ✓ Pick up (scoop) groundballs (they win the game!)
- ✓ Throw- right hand and left hand (stationary first, then moving)
- ✓ Catch - right hand and left hand (stationary first, then moving)
- ✓ Cradle – both hands
- ✓ Communication – learning each teammates' name allows players to know where to toss the ball without having to stop and search for open players. Leadership and teamwork start with communication, commitment and compassion.

Positions

Players will learn the different positions on the field and where they are to be during a game. Each player, throughout the year, will rotate to different positions. Players may develop a "favorite" position; in order to learn the game and be a part of a team, position rotation is necessary for learning new skills and understanding the game of lacrosse. As players advance in age and skill, coaches will begin to work with each player to focus on a single (regular) position for specialized development.

- ✓ Offense (Attack)-Objective of attach player is to create space, pass, and score. Attackers must stay behind the restraining line on face-offs and may not cross the mid-field line (without a Middie staying on the offensive side.
- ✓ Defense- The defense protects the goal keeper and the goal. In the defensive end, the Defense will protect the "house" and the crease, while the Middies will control the attacking players further from the "house". Defenders must stay behind the restraining line on face-offs and may not cross the mid- field line (without a Middie staying on the defensive side).
- ✓ Middie – Mid Field- Objective is to win the draw, pass and score. They can go anywhere on the field, without regard for the restraining or midfield lines. While offensive and defensive players will stay on the field for long periods of time, Middies will typically rotate through short (2-4 minute) shifts; Middies are on full speed for the entirety of their shift.
- ✓ Goalie- *Last line of defense and the start of the offense*—As goalies gain experience and maturity, the goal will be the most vocal leader of the team. The goalie will direct the defense, as he/she has the best view of the ball and attacking players, coordinate defense (tell them to fill holes, mark up, double), talk to coaches about needs on the field, clear the ball to initiate the offensive, listen, and work field drills with team. Teammate should always support their goalie regardless of outcome. It is good form to touch (not whack!) goalie's helmet before and after games! Goalie is always first in team line at end of game to shake hands with opposing team!

A/B (5th-6th graders) & C/D (3rd-4th graders)

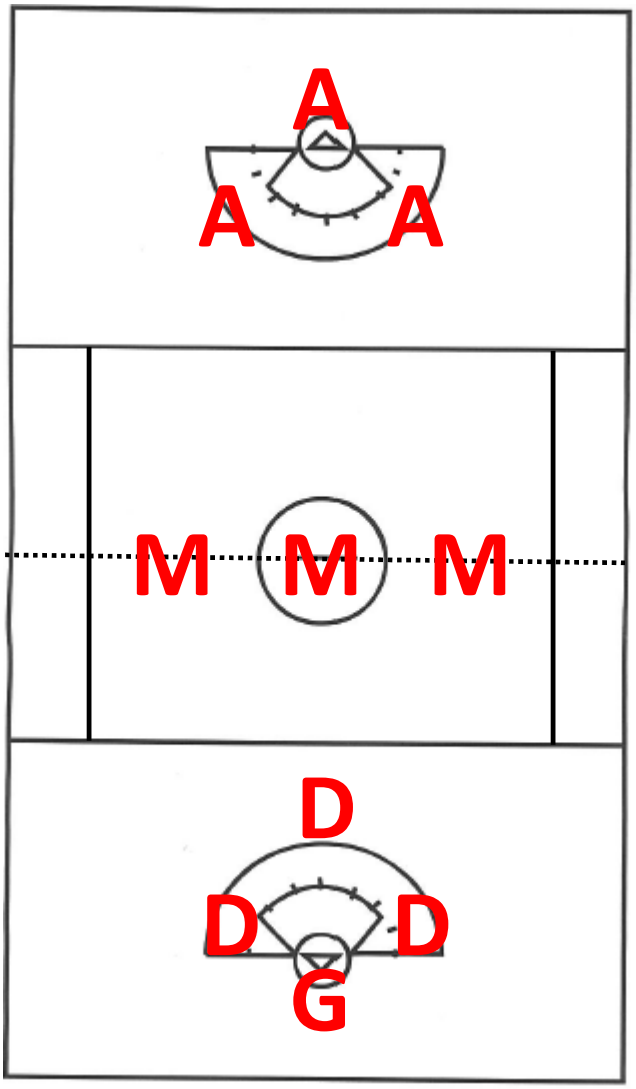
- **10 vs 10**
- **Full Field**

A OFFENSE
"Attack"

M Mid Field
"Middie"

D Defense

G Goalie.



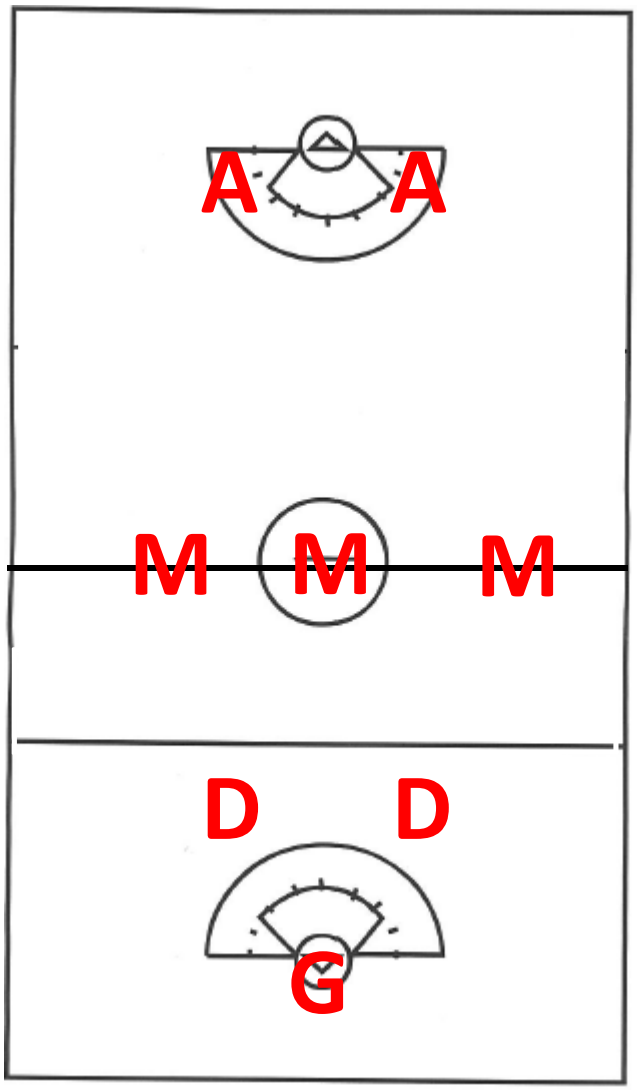
Lightning Team (K – 2nd graders)

- **7 vs 7**
- **Modified field (50 yard field)**

A OFFENSE
"Attack"

M Mid Field
"Middie"

D Defense



Practice & Game

Required Equipment

Considerations and recommendations:

- Players should <u>always</u> have ample water at practice and games. Hydration is a safety issue.
- Parents should keep a back-up mouth guard handy.
- While back and kidney pads are optional, an **athletic cup is not**. Players will not play if they do not have a cup and a mouth guard.

Important information for 2019 Season

1. **Practice schedules & locations:**

- Final practice schedules & locations will be listed on our website Sycamorelax.com .
- The first few weeks practice will be at Sycamore Junior High School, then we will be at our regular practice sites for the remainder of the season.
  - Lightning (K-2) will start practicing on Feb 28. Lightning will practice at (Tues/ Thurs). Location TBD.
  - Grades 3 & 4 (C/D) begin practicing on Feb 12 and will practice at Greene School (Tues/Fri).
  - Grades 5 & 6 (A/B) will begin practicing on Feb 12 and will practice at Greene School (Tues/Fri).
- Practices will begin at 5:15 –dark, until daylight savings time begins on March 10, 2019. Coaches will adjust practice times after daylight savings begins.
- We are attempting to schedule alternate indoor practices early in the season. We will try to keep them during our planned practice times of 5:30-7:00.
- We expect to offer specialty clinics on Saturdays during the season. These would be optional. Topics might include:
  - Goalie training
  - Shooters clinic
  - Stick tricks
  - Face-offs
  - The reality is that individual skills are best developed by players on their own time, away from practice. These clinics will provide additional, important foundations for more individualized skills.

2. **Practice Cancellations:**

- In the event that a practice is canceled, you will be notified through the Sycamore Lacrosse Association website and the SI Play app—these communications will arrive via text and email. **Download the SI Play app to receive important notifications directly to your phone.**
  - Our default is not to cancel practice—rather we will typically move indoors.
- We will alter our practice schedule for the following: temperature below 32 degrees, lightning, field conditions that would create an unsafe environment.
  - If we experience inclement weather we will try to modify practice plans as early as possible, though weather conditions are always changing.
  - We will only send out an email if the practice is canceled or modified—otherwise plan on the regularly scheduled time/place.
  - Please note: Throughout the season, if a practice is canceled, we may run an optional practice on Saturday on the Junior High Stadium turf. This practice will not be mandatory, but we want parents to understand that this is the planned back-up in case of cancellations.

3. **Arriving for Practice:**

- A proper warm up gets your player prepared to engage with practice. There is both a physical and emotional shift that occurs during warm ups.
  - *Please have your player at practice on time, dressed, and ready to play.*

4. **What to wear and bring to practice:**

- ALWAYS WEAR YOUR PINNIE TO PRACTICE!!!

- Wear all required equipment for practice (pads, gloves, helmet, mouth guard, cup, and cleats). Please have your player dress for the appropriate weather conditions during practices. It can get cold out there! If we go inside for practice, we will wear sneakers or flats.
- We only have outside "Port-O-Let" restroom facilities on our practice fields, so please have your
  player use the restroom prior to practices.

5. **Player Behavior**

- Our coaches are all volunteers. Many parents drop their players off for practice—this is fine. However, if your player exhibits behavioral issues that affect the team or require an exorbitant amount of the coaches' attention, the coach may ask you to stay at practice and assist.

6. **Parent and Coach Behavior**

- We expect our parents and coaches to be the best example of sportsmanship, kindness and caring, positive communication, and resiliency for our players at all time.

IMPORTANT GAME INFORMATION FOR 2019 SEASON!!

It's very important that you signed up to receive email notifications from Sycamore Lacrosse when you registered your player on our website. This is our primary source of communication for practice or game cancelations. It is also how you will communicate to our coaches whether or not your daughter will be at a game through our "GAME DAY EMAIL NOTIFICATIONS."

1. **Game Schedules for Each Team:**

- Please use SYCAMORELAX.COM and your **SI Play App** for Game Schedules for each team.
- Game schedules are not yet finalized from our Southwestern Ohio League but will be posted once completed.
- Games will be held primarily on Saturdays for Lightning and Sundays for A/B/C/D.
- The first day of games will be the Dom Broderick Play Day on March 2 (D and B).
- A/B/C/D will play on Sunday March 3.
- Lightning teams will begin game play on April 6.
- Boys' Lacrosse may have games on the back end of Spring Break 2018. (March 23)
- Players may have the opportunity to play in the Steel City Shootout (Middletown) on May 4.
- Players may have the opportunity to play in the Springboro Shootout on May 18.
- Game Schedules can sometimes change during the season, location or time; you will be notified of a game change via email or text. Also, continue to refer to Sycamorelax.com and **SI Play App** during the season for updates on game schedules and locations.

2. **Game Day Email Notifications:**

- You will receive a game reminder email through Sycamore Lacrosse prior to each game. Our coaches create their "game day player line-up" from this list.
    - PLEASE REPLY to the prompt at the end of the email that says: "YES, I will be at the game" OR "NO, sorry I won't be at the game," This is how you will communicate to your coach whether or not your player will be at that game.

3. **Locations of Games*:***

- Locations are published on our website**: Sycamorelax.com and on SI Play**
- 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 (through SI Play).

4. **Game Cancellations:**

- If a game is canceled, you will be notified by email and/or text.
- Lacrosse is often played in rain, only if lightning alarms are ***not*** triggered. If a lightning alarm is triggered on a field, a wait time of 30 minutes will occur before the game continues.

5. **What to wear on game day**:

- All players will be in uniform on game day
- Bring a water bottle, wear mouth guard, helmet, pads, cup, stick and cleats.

ALL PLAYERS ARE EXPECTED TO **ARRIVE NO LESS THAN 30 MINUTES** PRIOR TO EACH GAME AS COMMUNICATED BY YOUR COACH.

EVERY SEASON STARTS AT DICK'S SPORTING GOODS

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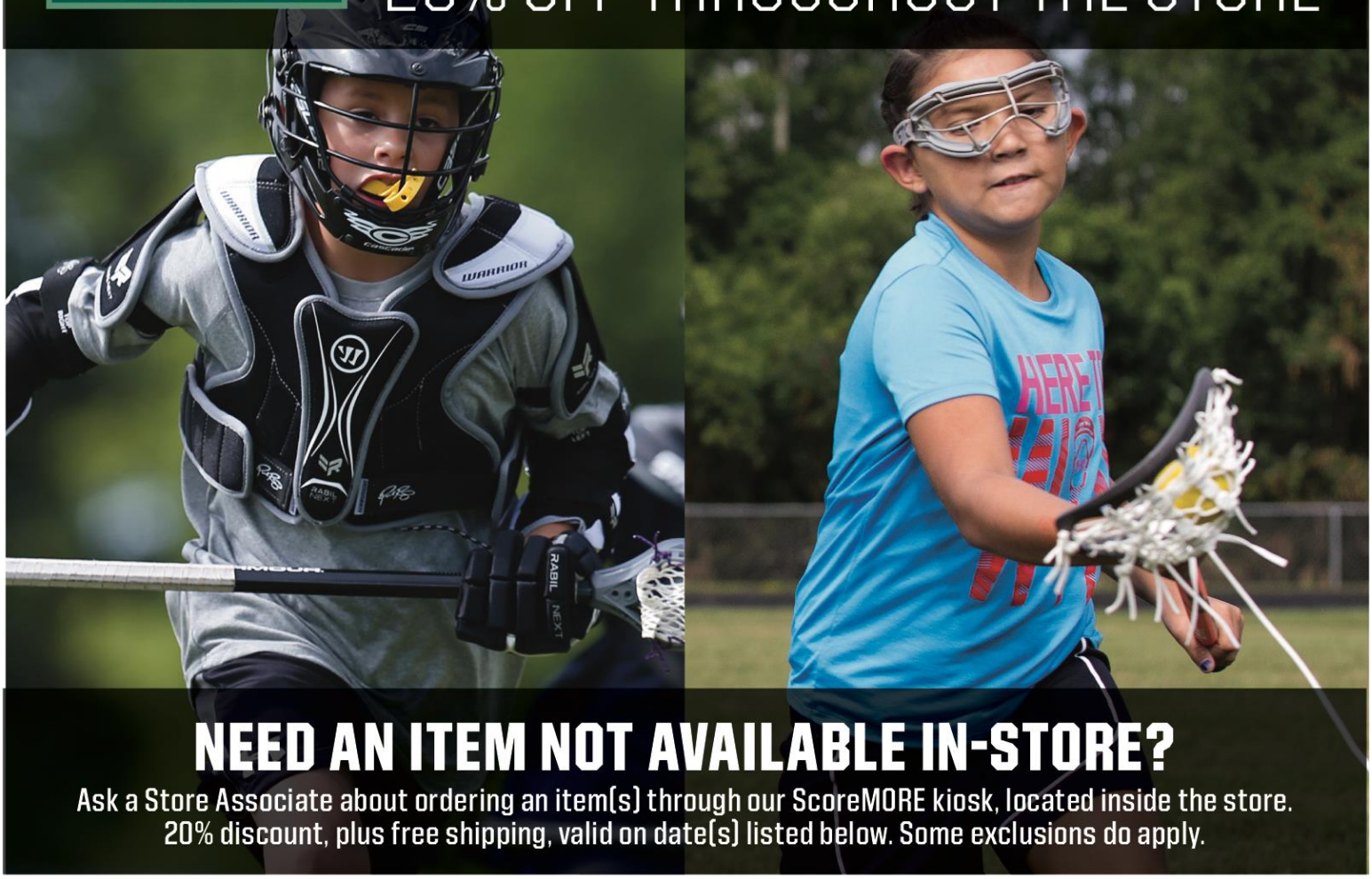

NEED AN ITEM NOT AVAILABLE IN-STORE?

Ask a Store Associate about ordering an item(s) through our ScoreMORE kiosk, located inside the store.
20% discount, plus free shipping, valid on date(s) listed below. Some exclusions do apply.

Sycamore Lacrosse Association

SLA
SYCAMORE LACROSSE ASSOC.

February 16th - 17th, 2019

Coupon valid at the Kenwood & Mason Stores

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