

Cumberland Youth Lacrosse

Annual Report 2015



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Executive Summary

This is the first official Annual report produced by Cumberland Youth Lacrosse.

The purpose of the annual report is twofold. First, we want to inform our community about our youth lacrosse program and to build a stronger relationship with the towns of Cumberland and North Yarmouth. The second is to build a strong brand to attract new members to our organization. This includes players, coaches and board members. One of the greatest challenges any volunteer youth program faces is the perpetuation of the program. Therefore we felt an annual report would help strengthen our lacrosse program while strengthening it within the community.



Lacrosse is widely known now as the fastest growing sport in the country. In 2013 youth participation in the U.S. topped 400,000 for the first time ever. In 2014 Maine accounted for 1% of the overall US Lacrosse members. Maine's participation grows each year as towns begin to form new lacrosse programs of their own and their high schools begin to adopt lacrosse well before a youth program has been established. Now more than ever Cumberland Youth Lacrosse needs your help to build the perpetuation of our youth program. We feel we have made tremendous strides in the past five years to help build our program through training, fundraising and becoming one lacrosse community. We hope this report informs, educates and enlightens you on how the sport has grown in our state and in our community. We hope you become involved in the fantastic growth with us.

Sincerely,

A handwritten signature in black ink that reads "Jonathan R. Becker". The signature is fluid and cursive, with a large initial 'J'.

Jonathan R. Becker

Cumberland Youth Lacrosse President

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About our Program

Cumberland Youth Lacrosse represents the communities of North Yarmouth and Cumberland. We are responsible for the K-6 Lacrosse programs. We are the feeder system for Greely Middle School (7th and 8th grade teams) and the Greely High School Teams (9th – 12th grade). We run boys and girls teams based on annual participants. We have consistently fielded 1 to 2 teams at every level and more often than not we have fielded 2 teams at each level. Our levels are Boys 3rd and 4th grade, Girls 3rd and 4th grade, Boys 5th and 6th grade and Girls 5th and 6th grade. It should be noted that the State of Maine does not follow U.S. Lacrosse guidelines at this time regarding age groups. U.S. Lacrosse supports U9, U11, U13 and U15 levels of play. At some point in the future we believe the state will move to the U.S. Lacrosse guideline.

Our teams play in 'friendly' competitive games from the months of April through June. Cumberland Youth Lacrosse does not believe in competitive levels at this age group. This means we do not have an 'A' and 'B' team based on skillset and ability. We cannot say this structure exists for every town and for every youth program within the state. There are private travel teams within the state which play at a higher level. An example of this would be 207 Lacrosse or the Mainieax teams located in the Portland area. Maine Youth lacrosse does not have at this time standings based on wins and losses or formal statistics. Therefore our games remain 'friendly'.

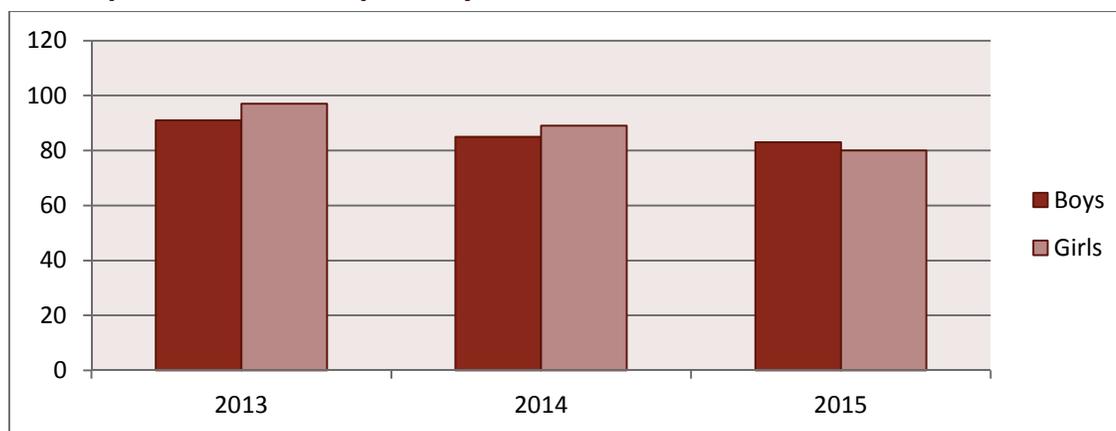
Our goals are to introduce the sport of lacrosse, teach our kids the basics of the sport while focusing on FUN.

Given the very short spring season we become quite busy in a short period of time while remaining close to dormant in other periods of the year. Here is a look of a timeline of our events for the year:



Cumberland Youth Lacrosse is an independent entity. We work with the Town of Cumberland Parks and Recreation Department on field space, support of our K-2 program and scheduling of games. We will play at Twin Brook Recreational Facility for most of the year (games and practices) however we have tried to find indoor space or other fields in the area should an extended winter or weather take hold of Twin Brook. Cumberland Youth Lacrosse is entirely volunteer based. Many families 'age out' of the program as their families mature. Thus we are constantly looking for new board members, volunteers and of course coaches while remaining focused on our goals as a program. Each year our participants fluctuate thus having enough coaches at each level becomes a challenge. We always encourage new coaches and parents to become involved with our program because their involvement is not only critical to our program but fun as they enter a new sport with their child. Cumberland Youth lacrosse pays for all training – US Lacrosse Level 1 as well as CPR training.

Participants - over the past 3 years



Total numbers of participants at all levels.

Here is the breakout of players by level in 2015:



- Due to a shortage of coaches at the ¾ girl's level we only fielded 1 team.

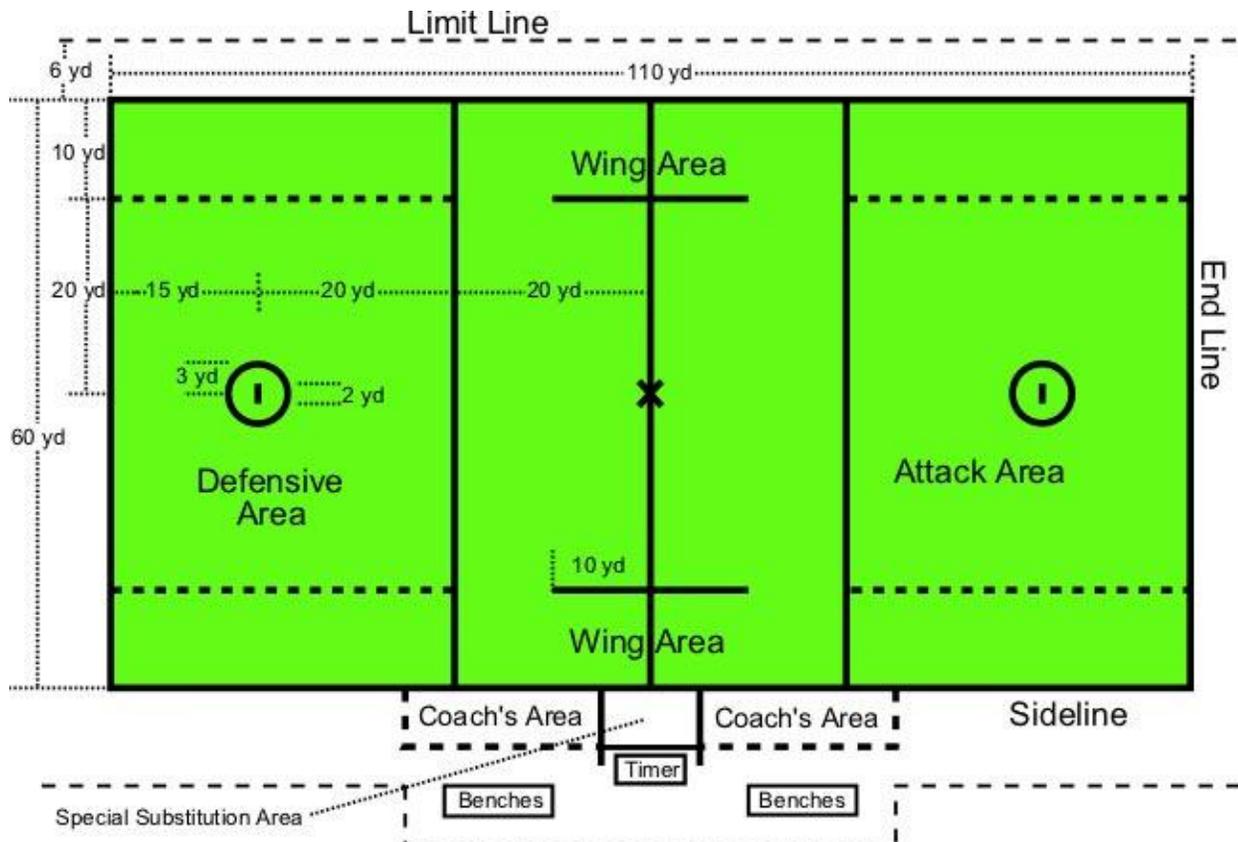
Teams

Boy's 3rd and 4th grade

Our teams at this level play on half fields. Often times you will see a full field split in half and two 3/4 games are played simultaneously. Given this level of play is often the entry for most players playing in an actual game, teams focus on the basics – catching, shooting and picking up ground balls. The games are played typically in halves that last 18-20 minutes (running time or stopping). The teams play 7 V 7 (1 Goalie, 2 Defenders, 2 Midfielders and 2 Attackmen).

Playing 7 V 7 allows players to get more touches. Cumberland Youth lacrosse likes to keep teams with 10-12 players on each team. Again coaches are needed to address the number of players.

Boys field dimensions



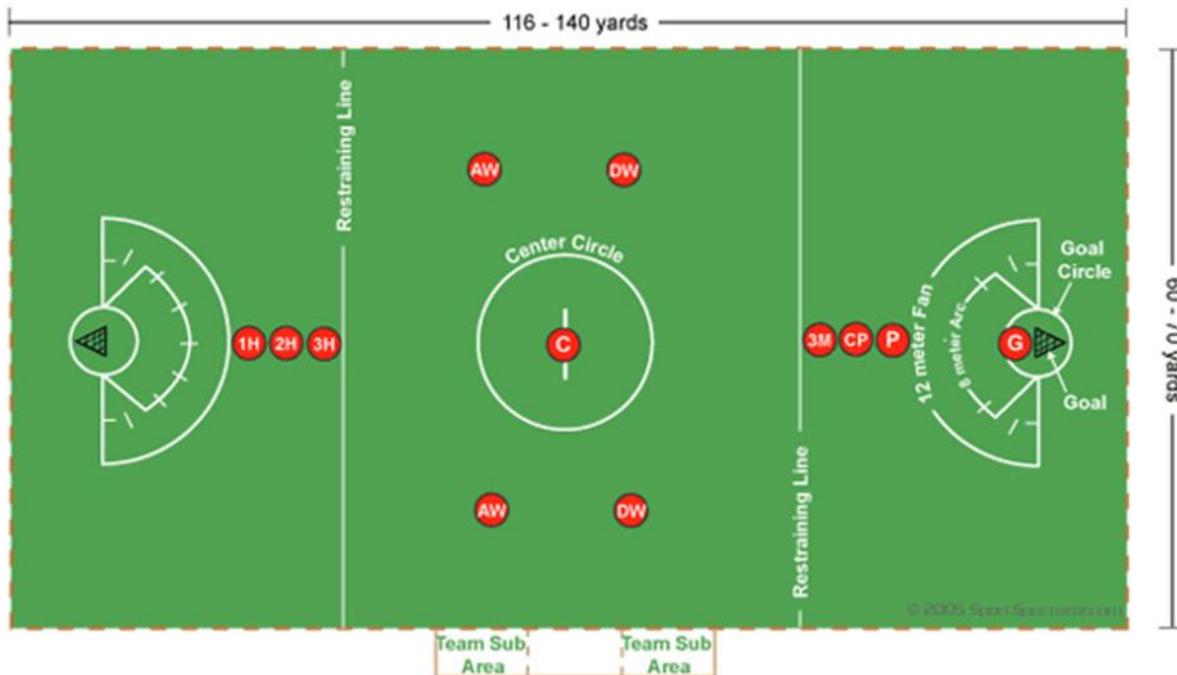
Boy's 5th and 6th Grade

At this level players are playing on a full field – this is quite the change for the 5th graders – a lot more running! Teams are also split with about 20-30 players on each team. At this level of play the normal 10

V 10 (1 Goalie, 3 D, 3 M, 3 A). At this level we also encourage a healthy number of assistant coaches given the larger size. We typically have 3 coaches per team.

Girl's 3rd and 4th Grade

The girls at this level do not play with a goalie. Thus these teams play a 6V6 (2 Defenders, 2 Midfield, and 2 Attackers). Similar to the boys at the same level these games are played on half fields. They play halves at 20-22 minutes a half. We typically like to see 10-15 players per team. Given there are no goalies some teams elect to use smaller 'pop up' goals rather than using the regulation 6ft X 6ft goals.



Girl's 5th and 6th Grade

The girls at this level move to the full field and as noted with the boys, this is a big change for the 5th graders playing on a full field. There is a lot of running! There has been a lot of debate over the past two years around the structure of games within Maine Youth Lacrosse. Are games played 7 V 7? Or 12 V 12? As there are many new teams to Maine not all towns can field a 12 V 12 team. Thus in 2014 many games were played 7 V 7 at the 5th-6th grade level. When games are played 12 V 12 the positions are as follows (Goalie, Point, Cover Point, 3rd Main, RW D, RW Attack, LW D, LW Attack, Center, 3rd Home, 2nd Home, 1st Home).

Both Boys and Girls play in the North Division of Maine Youth. There are only two divisions (North and South). These divisions have grown the number of teams playing in them substantially over the past three years. Some towns have struggled to keep their teams each year based on the aforementioned challenges (players, town commitment and coaches). Any town may play one another (ie south can play a north team). There were close to 20 towns in North Division in 2015 which fielded over 50 boy's teams and over 30 girl's teams. MYL has its own website: <http://www.maineouthlax.com/>

The Season – So much to do in so little time

The lacrosse season in Maine takes shape as the winter snow gives way to the green grass fields. While winter releases its hold on us the board begins the start of sign-ups with a registration night in February and then a fundraiser ‘Comedy Night and Silent Auction’ in March. Our fundraiser benefits the High School Booster as well. Maine Youth Lacrosse will hold a statewide meeting in the middle of March to address rule changes and to get a feel for how many teams will be playing in the league. Our sign ups end on April 1st.

The season generally starts in the beginning of May (weather pending). Cumberland Youth Lacrosse will begin practicing indoors at the start of April with three full practices. The April spring break allows for the coaches to evenly split the teams after a couple of practices indoors. So literally the teams get to spend 30 days together (and sometimes only 3 practices together) before playing their first games. This may sound like not enough time and we would agree. Challenges we face to get enough time to practice: Weather and the ability to practice outdoors; funding to pay for practices indoors and the lack of indoor facilities in the greater Portland area.

By the first week of May the season is open at Twin Brook. Practices are held twice a week at the Youth level from 5:30-7PM. All games are on Saturdays. Scrimmages may take place during the season with other towns and each team will participate in at least two tournaments during the year.

The girls will host a Round Robin – open to 3rd and 4th grade, 5th and 6th grade teams around the state. The fees collected for this tournament are distributed to the town, volunteers for parking, officials and to the Youth and High School booster programs. The Cumberland Round Robin hosted over 30 girls teams this year and it was one of the most successful events for the entire year.

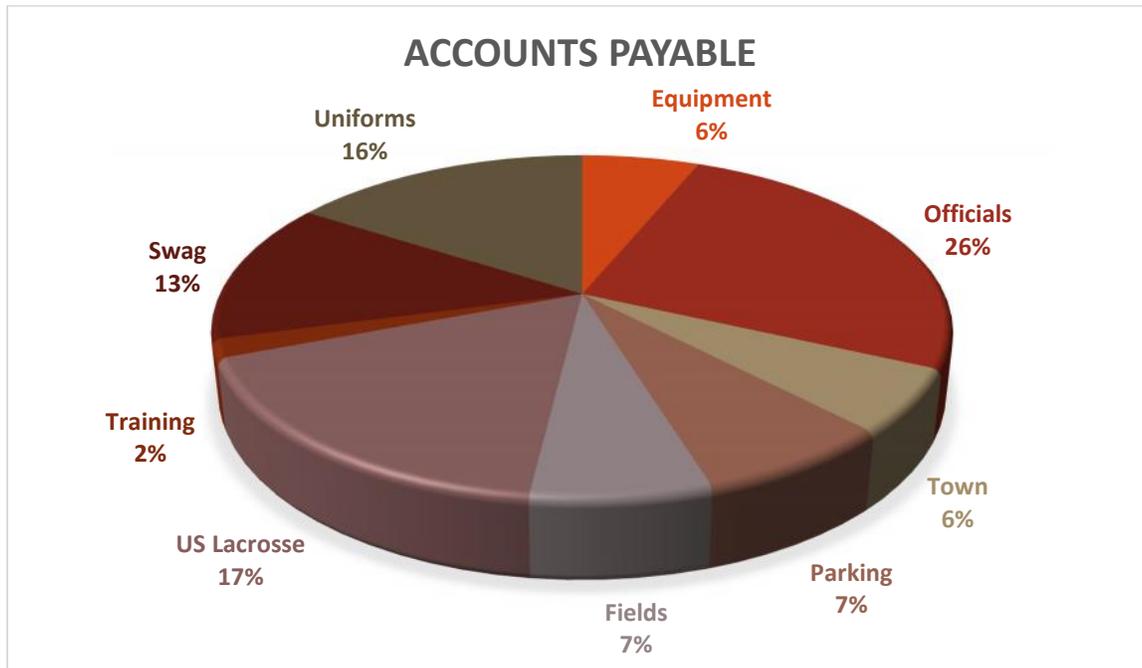
The boys host a Jamboree under a similar structure. This year the boys hosted over 60 teams at Twin Brook. T-shirt sales, vendors and concessions make both events a great lacrosse experience for the state. These tournaments run on our families volunteering for every position. It is the only mandatory event we ask from our families during the season.

The season ends around June 20th. There are no playoffs and the parents put together a season ending party.



Financials – How we spend money

At this time our financial standing is very good. This is due to my predecessors Mark MacMahon, Lisa Spencer, Michael Mullin and Karyn Kurland who helped build a strong foundation of the program in prior years. Each year we must assess our financial needs and then find a way to meet those needs. Here is a breakout of our payables during 2015. We receive money from player's registration fees, tournament fees and other fundraising events.



Every year we will assess our equipment needs. This includes the cost of balls, goalie equipment, first aid kits and various other needs (ie chin straps, mouth pieces when a player forgets theirs).

A U.S. Lacrosse membership is \$25 at this level of play. This fee and membership is what provides liability insurance for our players and coaches as well. Cumberland Youth Lacrosse pays for all players and coaches annual fees. Training includes first aid and US Lacrosse Level 1 training.

Field costs include indoor rentals and field lining. The town receives payment for police, EMT detail at tournaments.

Our largest cost is for officials. This is driven by the number of games we host at Twin Brook which includes two tournaments. We use adult officials for 5th and 6th grade games along with one junior official. All 3rd and 4th grade games are officiated by juniors. All officials are certified.

Swag includes our end of year purchase of shirts for the players. They receive this when they return their uniform.

It should be noted in 2015 our uniform costs were much lower than in years past as new ones were not ordered. All players keep their shorts thus this becomes an annual expense for the program.

The Board Members

2015 proved to be an exciting yet very challenging year for our program. We successfully held two tournaments, our largest to date! We coached over 40 new kids in the K-2 program! We introduced 7 new coaches to our program (still not enough) and we distributed over 150 shirts to all our participants.

It was a year of many changes with **Mark MacMahon** making the decision before the season to step down as our President. Over the years Mark has not only volunteered but managed many issues facing our program. He worked with the town to get space for our teams, he coached the K-2 program and coached a girls team while helping out the High School program too. Needless to say his departure left a void. Luckily Mark has stayed on the board as a standing member. Here are the other board members:

Michael Mullin – Michael founded Cumberland Youth Lacrosse along with Karyn Kurland when the program separated from being run through the Cumberland Recreation office. He was the Boys Director for many years and he volunteered to act as Treasurer for the 2015 season after Lisa Spencer stepped down in this capacity. Michael coached on the boy's side for 4 years before moving on to coach at Greely Middle School for 2 years and then as JV and an Assistant Varsity coach at Greely High School for 3 years. At the end of the 2015 season Michael has stepped down from the board as he focuses on other interests. Michael was the longest tenured board member and we will miss his leadership, guidance and wisdom of how to run a successful youth program.

Todd Sharp – Boys Director. Todd's experience with our program and other lacrosse programs is known throughout Portland. Todd played for Greely many years ago before going on to college to play. Since that time he has coached in many different levels including at the collegiate level. He also coached the Maineix travel team in our area. Todd has coached at all levels for Cumberland and is a current coach for one of the 5th and 6th grade boy's teams.

Dorothy Holt – 5th and 6th Grade Coach. Dorothy certainly needs no introduction. Dorothy lives and breathes lacrosse. She has won multiple state championships as the Girls Lacrosse Head Coach of Yarmouth High School. She coaches at 207 Lacrosse and runs many youth programs as well. She also played at the collegiate level. She has always coached here where she lives and her knowledge and ideas are very valuable to have on our board.

Jonathan Becker – President. Jonathan has served in several capacities since joining the board three years ago. Most recently he was the Boys Director in 2014. He has coached the Cumberland boys 3/4, 5/6 as well as the Cumberland girls 3/4 and 5/6. All three of his kids have played in the program and his wife **Johanna** has been a tremendous help as well. Prior to moving to Maine Jonathan coached lacrosse in the Boston area for MetroLacrosse. There he coached boys grades 5th - 8th in Mattapan and Hyde Park. Jonathan played in High School in CA and CT and in college in ME.

As I mentioned at the beginning of this annual report our need is to continue to perpetuate our program in the years to come. We face challenges with recruiting and we hope you all will help continue this tradition of giving back with our program. As you can see above we need Board Members immediately. At this time we have four active members. We look to get this number to at least seven and to as many as eleven. We will also need coaches in the spring of 2016. I hope this report makes you feel more comfortable with our program and it speaks to you as a good way to give back while being part of something enduring within our community.