

## Frequently Asked Questions

**Q: What is Elmhurst Lacrosse's Mission?**

**A:** (1) To provide the youth of Elmhurst and surrounding areas with an inclusive and fun environment for kids of all skill levels to learn and participate in the game of lacrosse; and (2) to prepare the youth of Elmhurst and surrounding areas with the basic skills and understanding of the game to compete at the high school level.

**Q: When is the Elmhurst Lacrosse season?**

**A:** The season typically runs from early April to mid June. Registration takes place in November.

**Q: Who can register for Elmhurst Lacrosse?**

**A:** We accept boys from 1st to 8th grade. However boys are placed on teams based on their age, not grade.

**Q: What teams does Elmhurst Lacrosse have?**

**A:** Elmhurst Lacrosse follows the US Lacrosse guidelines for team structures, which are as follow:

**U15** - All players must be 14 years old or younger on August 31 prior to registration.

**U13** - All players must be 12 years old or younger on August 31 prior to registration.

**U11** - All players must be 10 years old or younger on August 31 prior to registration.

**U9** - All players must be 8 years old or younger on August 31 prior to registration.

**Q: How many teams will Elmhurst Lacrosse have at each level?**

**A:** The number of teams we field for each level will be determined by the number of athletes that register during our online registration period. Each team will generally have a minimum of 18 players and a maximum of 25 players.

**Q: What if my son has never played before?**

**A:** We welcome all levels of players. Each winter we hold an 6-week evaluation/tune-up session where kids will be evaluated for team placement as well as providing an opportunity to practice their fundamentals through drills before the official season starts. These sessions are supervised by experienced

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coaches from New Wave Lacrosse and assisted by Elmhurst Lacrosse volunteer coaches. We also encourage new players to take advantage of the skills sessions we typically host in the summer and fall. Boys new to the sport are encouraged to work on the fundamentals of passing and catching and fielding ground balls. A parent can assist with these using a lacrosse stick or even a baseball mitt. One of the best ways for boys to improve on their own is to play wall-ball. Please see the wall-ball routine on our website.

**Q: How are player skill levels divided up among Elmhurst teams?**

**A:** All Elmhurst teams at every level will be divided into teams of equal talent. This is done to encourage the development of ALL players and not just a select few. Dividing the talent up equally also allows us to host our inter-Elmhurst Kings of Spring tournament every year that has evolved into one of the most exciting tournament for all our athletes as they compete against all their friends for the Elmhurst title.

**Q: How are player evaluations done?**

**A:** Skill evaluations will consist of individual drills targeting each of the following core skill sets:

1. Passing/catching accuracy
2. Shooting
3. Dodging
4. Ground balls/loose ball maneuvers
5. Teamwork and game play

Players are evaluated by association coaches, administrators, and/or outside sources. Players will given a scored of 1 to 5 for each skill set above, with higher numbers meaning higher skill. The same evaluator will score every player at each age group to ensure consistency. At the conclusion of evaluations, each player's score for the 5 skill sets above will be combined for a single player score ranging from 5 to 25, with 25 being the highest possible combined score.

**Q: How are team selections done?**

**A:** Individual teams within each age division will be created by a panel of Elmhurst Lacrosse administrators and/or coaches, with the intent of creating teams of equal talent and skill levels. Prior to the selection of individual teams, coaching pairs will be created consisting of one head coach and one assistant coach per team. Head coaches or assistant coaches sons will be removed from the pool of players prior to team selections. All remaining players for each age level will be put into the pool of players for team selections. Teams will then be created with

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the intent of keeping the combined evaluation score totals for each team as close to one another as possible. In addition to player evaluation scores, other criteria that will be taken into consideration include (1) individual player positions to create a well-balanced team, and (2) players who play other sports in the spring that may interfere with their attendance at practices and games.

At the end of the selection process, each team will be numbered and sent to the coaching pairs for that age group for their review. Coaches will be asked to review the rosters and provide feedback relating to the equalization of the teams. After all coaching pairs have reviewed and agreed that the teams are evenly divided, all coaches will meet to pick numbers out of a hat to determine which team they will be coaching. Once teams are selected, head coaches and assistant coaches sons will be added to the team they selected at random. Should the addition of these final two players result in combined team evaluation totals becoming more unbalanced than they were prior to the addition of these players, a single player swap will be made between the two rosters to rebalance the team totals.

**Q: What about the fear of holding back the select few who may need a more challenging environment to further their development?**

**A:** (1) We believe providing an environment of fun, well organized lacrosse on evenly distributed teams provides the most enjoyable experience for young players and prevents player burn out; (2) for players looking to really improve their skills and prepare themselves for a higher level of play, there is no replacement for wall-ball which will prepare them better than any competitive team play for this age group; and (3) if your son is still interested in playing at a higher competitive level, there are several travel lacrosse programs in the area, all of which are done in the summer, fall and winter so as not to interfere with players primary spring season.

**Q: How do I register to play on an Elmhurst Lacrosse team?**

**A:** Registration is done online at [www.elmhurstlacrosse.com](http://www.elmhurstlacrosse.com). Registration takes place in November. There is also a late registration period which will begin December 1st and runs until Dec. 31st. **THERE IS AN ADDITIONAL \$50 FEE IF YOU REGISTER DURING THE LATE REGISTRATION PERIOD AS IT MAKES THE SEASON PLANNING/PREPARATION FOR OUR VOLUNTEER BOARD MORE DIFFICULT. NO REGISTRATIONS WILL BE ACCEPTED AFTER DECEMBER 31.**

Please note that your son will also have to register to become a member of US Lacrosse at [www.uslacrosse.org](http://www.uslacrosse.org) prior to being able to register for Elmhurst Lacrosse.

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**Q:** If I register my son, is he automatically given a place on a team?

**A:** Yes, if you register your son online during registration period outlined above, he will definitely be placed on a team.

**Q:** Which teams does Elmhurst Lacrosse play against?

**A:** We compete mainly against surrounding towns in the western suburbs.

**Q:** What does it cost to play lacrosse?

**A:** The registration fee at Elmhurst Lacrosse is ~\$275 per player for U9, U11& U13 levels and ~\$320 per player for U15 levels during our normal registration period. The additional cost for the U15 is to offset the cost of paid coaches. There is an ADDITIONAL \$50 fee if you register during our late registration period. Team uniforms (jersey and shorts) are included in your registration fee and are the players to keep. EQUIPMENT IS NOT INCLUDED IN YOUR REGISTRATION FEE.

ADDITIONALLY ALL PLAYERS ARE REQUIRED TO BECOME MEMBERS OF US LACROSSE AND WILL NOT BE ABLE TO REGISTER FOR ELMHURST LACROSSE WITHOUT A MEMBERSHIP NUMBER. The cost is \$25 per year. The annual membership includes a monthly lacrosse magazine, but more importantly, additional insurance for all supervised practices and games. Please visit [www.uslacrosse.org](http://www.uslacrosse.org) for more information.

**Q:** How is payment made?

**A:** Payment is made by credit card during the online registration process.

**Q:** When and where are regular season practices held?

**A:** Practices begin in early April. Practices will be two nights a week. Practices will last ~1.5 hours each. Practices will typically be held at Beren's Park, Golden Meadows Park or St. Domitilla's field in Hillside or at one of several Elmhurst Park District fields that will be allotted to Elmhurst Lacrosse sometime in February. Practice days/times/locations may vary throughout the season due to volunteer coaches schedules and field availability.

**Q:** Are there any practices held before the regular season starts?

**A:** Yes. Starting in February and going for through March, there will be 6 practice sessions held one day per week on either Saturday or Sunday. The first 2 sessions will be used for player evaluations so that teams can be determined. The last 4 sessions will be team practices but will be run by experienced coaches from New Wave Lacrosse to teach correct lacrosse techniques as well as offense, defense, riding and clearing strategies.

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**Q: When are games scheduled?**

**A:** Games are generally scheduled on Saturdays and Sundays and occasionally mid-week. There are generally 1 to 3 games per week, beginning mid April until the regular season concludes with the inter-Elmhurst Kings of Spring Tournament.

**Q: What equipment is required to play lacrosse?**

**A:** Required: Lacrosse helmet (helmet must meet NOCSAE standards and have attached chin strap), shoulder pads, elbow/arm pads, gloves, stick, mouth guard and cup. Rib pads are optional. **ALL PLAYERS ARE RESPONSIBLE FOR PROVIDING THEIR OWN EQUIPMENT.** Additional goalie equipment includes throat protector, chest protection, shin guards (optional) and protective pants (optional). Elmhurst Lacrosse will provide the goalie throat protector, chest protector, shin guards and protective pants for every team.

**Q: Where do I buy lacrosse equipment?**

**A:** A lot of sporting goods stores carry lacrosse equipment including Dick's Sporting Goods and Play It Again Sports. Additionally, there are a few specialty lacrosse stores in the western suburbs and a lot of good websites that specialize in lacrosse equipment. For a list of places to shop for lacrosse gear, visit the Equipment page of our website [www.elmhurstlacrosse.com](http://www.elmhurstlacrosse.com).

**Q: Can I rent equipment?**

**A:** Beginning in 2016 Elmhurst Lacrosse will rent equipment. The package includes stick, helmet and required pads. The cost is \$80. We will only have one package option available. Information is available under the Equipment section of our website.

**Q: How do I clean my equipment?**

**A:** You can wash shoulder pads and arm guards in a delicate cycle; helmet and gloves can be sprayed with Febreze or Lysol; DO NOT WASH GLOVES, THEY WILL FALL APART.

**Q: Where can I play lacrosse in the off-season?**

**A:** There are several organizations that have travel teams in the fall, winter and summer as well as various clinics, indoor box lacrosse and other programs. Check out "other lacrosse opportunities" at [www.elmhurstlacrosse.com](http://www.elmhurstlacrosse.com) more information.

If you still have questions, please send them to [elmhurstlax@gmail.com](mailto:elmhurstlax@gmail.com) and we'll get you an answer.