

# Upper St Clair Boys Youth Lacrosse (USCBYL)

## *Frequently Asked Questions*

TOPIC	U15 and U13	U11, U9 and U7
<b>PRACTICES</b>	<ul style="list-style-type: none"> <li>➤ Practices typically begin mid- March.</li> <li>➤ Practices will be held two weekday evenings (Monday – Thursday), with an additional "coaches optional" practice on Friday.</li> <li>➤ Weekday practices are typically held between the hours of 5:30 – 8:00PM</li> <li>➤ U13 will practice at Cook School Field and Boyce Middle School Field</li> <li>➤ U15 will practice at Boyce Middle School Field and Ft. Couch Middle School Field</li> <li>➤ Practice schedules will be available mid-March</li> <li>➤ All times and days are subject to coaches' schedules and field availability.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Practices typically begin mid- March.</li> <li>➤ U11 practices will be held two weekday evenings (Monday – Thursday), with an additional "coaches optional" practice on Friday.</li> <li>➤ U9 practices will be held two weekday evenings (Monday – Thursday).</li> <li>➤ U7 practices will be held one weekday evening (Monday – Thursday).</li> <li>➤ Weekday practices are typically held between the hours of 5:30 – 8:00PM</li> <li>➤ Practices will be held at Cook School Field</li> <li>➤ Practice schedules will be available mid-March</li> <li>➤ All times and days are subject to coaches' schedules and field availability.</li> </ul>
<b>GAMES</b>	<ul style="list-style-type: none"> <li>➤ The first games of the season start in the beginning of April.</li> <li>➤ U15 season will finish in the beginning of June.</li> <li>➤ U13 season will finish in the beginning of June.</li> <li>➤ Teams may participate in tournaments as they become available.</li> <li>➤ The complete season schedule is expected to be available for posting on our website by mid- March.</li> <li>➤ Please keep in mind that the schedule will likely change throughout the season due to reasons beyond the control of USCBYL.</li> </ul>	<ul style="list-style-type: none"> <li>➤ The first games of the season start in the beginning of April.</li> <li>➤ U11 &amp; U9 season will finish at the end of May or beginning of June.</li> <li>➤ U7 season will finish at the end of May.</li> <li>➤ Teams may participate in tournaments as they become available</li> <li>➤ The complete season schedule is expected to be available for posting on our website by mid-March.</li> <li>➤ Please keep in mind that the schedule will likely change throughout the season due to reasons beyond the control of USCBYL.</li> </ul>
<b>TEAM COMPOSITION</b>	<ul style="list-style-type: none"> <li>➤ Teams will be formed based on the number of registrants. At each age group, USCBYL may field 1 team, 2 teams, or "platooning squads".</li> <li>• For the 2017 season, both U13 and U15 may have an "A" and "B" team if number of registrants dictates. Tryouts will take place in March and teams will be decided by the coaches, and not by the Board of Directors.</li> <li>• From time to time, teams may have difficulty fielding enough players to play a complete game. If (1.) an age group has more than one team per age group, and (2.) it is apparent that the team may not have enough players to play a game, at the coaches' discretion, the Club will allow a payer from a lower or equal-level team to play on the other team with the player's age group. At no time should a player on an "A – Team" be allowed to play down for a "B -Team".</li> </ul>	<ul style="list-style-type: none"> <li>➤ Teams will be formed based on the number of registrants. At each age group, USCBYL may field 1 team, 2 teams, or "platooning squads".</li> <li>• U7 and U9 will only field 1 team for each age group.</li> <li>• From time to time, teams may have difficulty fielding enough players to play a complete game. If (1.) an age group has more than one team per age group, and (2.) it is apparent that the team may not have enough players to play a game, at the coaches' discretion, the Club will allow a payer from a lower or equal-level team to play on the other team with the player's age group. At no time should a player on an "A – Team" be allowed to play down for a "B -Team".</li> </ul>

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<b>EQUIPMENT</b>	<ul style="list-style-type: none"> <li>➤ Players will provide their own helmet (black or white), gloves, arm pads, shoulder pads, cleats, mouth guards, athletic cups and stick.</li> <li>➤ A player will not be permitted to participate in games or practices if they are not wearing any of the above.</li> <li>➤ Players will wear issued game jersey, uniform game shorts, and white or black socks during games.</li> <li>➤ Butt end of lacrosse shaft must be taped.</li> <li>➤ Mouth guards that provide suitable protection are mandatory to be worn at all practices and games. Suitable protection is defined as the mouth guard having substantial material that can provide cushioning for the back as well as the front teeth.</li> <li>➤ Protective athletic cups are mandatory at all times on the field.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Players will provide their own helmet (black or white), gloves, arm pads, shoulder pads, cleats, mouth guards, athletic cups and stick.</li> <li>➤ A player will not be permitted to participate in games or practices if they are not wearing any of the above.</li> <li>➤ Players will wear issued game jerseys, black shorts, and white or black socks during games.</li> <li>➤ Butt end of lacrosse shaft must be taped.</li> <li>➤ Mouth guards that provide suitable protection are mandatory to be worn at all practices and games. Suitable protection is defined as the mouth guard having substantial material that can provide cushioning for the back as well as the front teeth.</li> <li>➤ Protective athletic cups are mandatory at all times on the field.</li> </ul>
<b>PRACTICE APPAREL</b>	<ul style="list-style-type: none"> <li>➤ Youth players will wear all required protective equipment at all times while on the field during practice.</li> <li>➤ USCBYL practice pinnies (not game jersey) will be worn during all practices.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Youth players will wear all required protective equipment at all times while on the field during practice.</li> <li>➤ USCBYL practice pinnies (not game jersey) will be worn during all practices.</li> </ul>
<b>WHAT TO BRING TO PRACTICE</b>	<ul style="list-style-type: none"> <li>➤ All necessary and required on-field equipment</li> <li>➤ Water/Sports Drink</li> <li>➤ Layers of clothes for during or after practice during cold or wet weather.</li> </ul>	<ul style="list-style-type: none"> <li>➤ All necessary and required on-field equipment</li> <li>➤ Water/Sports</li> <li>➤ Layers of clothes for during or after practice during cold or wet weather.</li> </ul>
<b>DRUG TESTING/ CONCUSSION SCREENING</b>	<ul style="list-style-type: none"> <li>➤ Youth players are not subject to club drug testing. USCBYL does recommend that each player have a baseline concussion screening/test done prior to the start of the season.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Youth players are not subject to club drug testing. USCBYL does recommend that each player have a baseline concussion screening/test done prior to the start of the season.</li> <li>➤ Consult your physician regarding age appropriateness of testing.</li> </ul>

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<b>PHYSICALS</b>	<ul style="list-style-type: none"> <li>➤ While USCBYL does not require youth lacrosse players receive a medical clearance from a physician to participate in lacrosse, <b>USCBYL strongly recommends that all players seek clearance from their physician.</b> Please ensure that your physician is aware that lacrosse is a very physically demanding sport that involves a great deal of running and contact so that they can make the proper determination regarding the player's readiness.</li> </ul>	<ul style="list-style-type: none"> <li>➤ While USCBYL does not require youth lacrosse players receive a medical clearance from a physician to participate in lacrosse, <b>USCBYL strongly recommends that all players seek clearance from their physician.</b> Please ensure that your physician is aware that lacrosse is a very physically demanding sport that involves a great deal of running and contact so that they can make the proper determination regarding the player's readiness.</li> </ul>
<b>WHERE TO BUY EQUIPMENT</b>	<ul style="list-style-type: none"> <li>➤ ComLAX – Bridgeville</li> <li>➤ Dick's Sporting Goods</li> <li>➤ Online retailers</li> </ul>	<ul style="list-style-type: none"> <li>➤ ComLAX – Bridgeville (offers a very affordable starter package which includes everything needed to get started in the sport).</li> <li>➤ Dick's Sporting Goods</li> <li>➤ Online retailers</li> </ul>
<b>WHERE TO FIND LAX INFO</b>	<ul style="list-style-type: none"> <li>➤ <a href="http://www.uslacrosse.com">www.uslacrosse.com</a></li> <li>➤ <a href="http://www.usclax.com">www.usclax.com</a></li> </ul>	<ul style="list-style-type: none"> <li>➤ <a href="http://www.uslacrosse.com">www.uslacrosse.com</a></li> <li>➤ <a href="http://www.usclax.com">www.usclax.com</a></li> </ul>
<b>OFF-SEASON LAX OPPORTUNITIES</b>	<ul style="list-style-type: none"> <li>➤ Refer to "LAX OPPORTUNITIES" tab at <a href="http://www.usclax.com">www.usclax.com</a></li> </ul>	<ul style="list-style-type: none"> <li>➤ Refer to "LAX OPPORTUNITIES" tab at <a href="http://www.usclax.com">www.usclax.com</a></li> </ul>
<b>CONDITIONING</b>	<ul style="list-style-type: none"> <li>➤ Lacrosse is one of the most physically demanding sports. Physical conditioning must be at a high level so that players can execute passing and catching with the same efficiency and effectiveness at the end of the game that they did during warm-ups.</li> <li>➤ Players should come into the season in reasonable shape so that they can focus on skills development and team strategy instead of just trying to make it through the running drills at practice.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Lacrosse is one of the most physically demanding sports. Physical conditioning must be at a high level so that players can execute passing and catching with the same efficiency and effectiveness at the end of the game that they did during warm-ups.</li> <li>➤ Players should come into the season in reasonable shape so that they can focus on skills development and team strategy instead of just trying to make it through the running drills at practice.</li> </ul>

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<b>HOME PRACTICE</b>	<ul style="list-style-type: none"> <li>➤ Wall Ball – The most seasoned lacrosse players practice wall ball daily. This is a great way to become proficient at catching and throwing with both hands.</li> <li>➤ Dodges – Must be able to execute various dodges without hesitation or thought requires practice</li> </ul>	<ul style="list-style-type: none"> <li>➤ Wall Ball – The most seasoned lacrosse players practice wall ball daily. This is a great way to become proficient at catching and throwing with both hands.</li> <li>➤ Dodges – Must be able to execute various dodges without hesitation or thought requires practice.</li> </ul>
<b>HOW TO GET INVOLVED IN USCBYL</b>	<ul style="list-style-type: none"> <li>➤ Volunteer positions for games days (clock, 50/50, field prep).</li> <li>➤ Election to Board of Directors</li> <li>➤ Parent Assistant Coach</li> <li>➤ Team Liaison</li> </ul>	<ul style="list-style-type: none"> <li>➤ Volunteer positions for games days (clock, 50/50, field prep).</li> <li>➤ Election to Board of Directors</li> <li>➤ Parent Assistant Coach</li> <li>➤ Team Liaison</li> </ul>