

Dear Parents,

The Lower Cape Youth Lacrosse organization is dedicated to growing the game of lacrosse on the lower cape. It is our mission to provide children with an opportunity to learn about lacrosse, teamwork, and hard work in a supportive and fun environment. The goal of LCYL is to continue the development of our returning players and provide fundamental skill and team play instruction to first season players. Our coaches are US Lacrosse certified and Double Goal Coaching certified from the Positive Coaching Alliance.

In the past we have played in the Massachusetts Bay Youth Lacrosse League, in the South Shore/Cape and Islands division. This season all the Cape and Island teams have left MBYLL leaving us with no teams to play locally. To provide a fun experience for our families we have decided to band with the Cape teams and join the Crossroads Township League (CTL).

Crossroads Township League provides a competitive league for town teams and is based on a tier system. Teams will be divided equally on a skill base level. Our program will play other tier based teams from Cape Cod, Martha's Vineyard, Nantucket and the South Shore. This will provide us with teams to play more locally and maintain a fun competitive atmosphere.

Dividing teams based on skill level is a change for our program. There are some very good reasons for this so please read on before you make any judgments.

In the past we had evenly weighted teams. We received a lot of feedback that the top players dominated the play and newer players did not get to play as large a role during games. Now that the teams will be divided by skills, the players who did not touch the ball as much will be playing a bigger role on the town team vs passing the ball off to a more advanced player.

The goal is to break the 80/20 rule where 20% of the players carry the ball 80% of the time.

Teams will be divided into two, Travel and Town. Travel will be the more advanced team. Travel will play other Travel teams and Town will play other Town teams. The league's goal is for level competition.

Practice:

Our Practices start in early March 2018. Practices will continue to be held on Tuesday & Thursdays at Nauset Regional High School. Practice times run 5:15 until 6:30 P.M. Please have players to their practice fields 15-minutes before the start of practice. Both the Town and Travel teams will practice at the same times and locations. The practices will be a combination of both teams and also breakouts of each team.

Games:

Each team will play 7 to 8 - games, most games happening on a Saturday or Sunday. Our home games will be played at Freeman's Fields in Brewster. Players are expected to arrive 30 minutes before game time for both home and away games.

Volunteers:

LCYL is a volunteer program. All coaches do so as volunteers. If you can volunteer at one or both practice sessions, please contact us. No previous lacrosse experience is necessary to participate. Practices are organized, fast paced and fun. Your help will allow our players to get the maximum benefit out of each practice.

If you have any questions or would like to talk about our program please message us at lowercapelacrosse@gmail.com

On behalf of Coaches and Board of Directors we thank you for choosing to participate in the Lower Cape Youth Lacrosse program.

Respectfully,
Rick Judd President
Lower Cape Youth Lacrosse

