



HOPKINTON YOUTH LACROSSE



2018 Boys Program Overview

Friday, October 19th, 2017



Agenda

- Lacrosse Overview
- Program Overview
 - Overall Program Philosophy
 - Winter Skills
 - U9, U11
 - U13, U15
 - Changes this year
- Player safety and contact
- Coaching Qualification
- Equipment Needs
- Parent Expectations
- Board Members and new volunteers
- Frequently Asked Questions

History of Lacrosse

- Lacrosse was originally a game to prepare the Cherokee Indians for war
- One of the oldest team sports in America dating back to the 17th century
- Traditional lacrosse were major events that could last several days
- As many as 100-1000 men from opposing villages or tribes would participate
- Played in open plains located between the two villages
- Opposing goals could range from 500 yards to several miles apart



Lacrosse Today

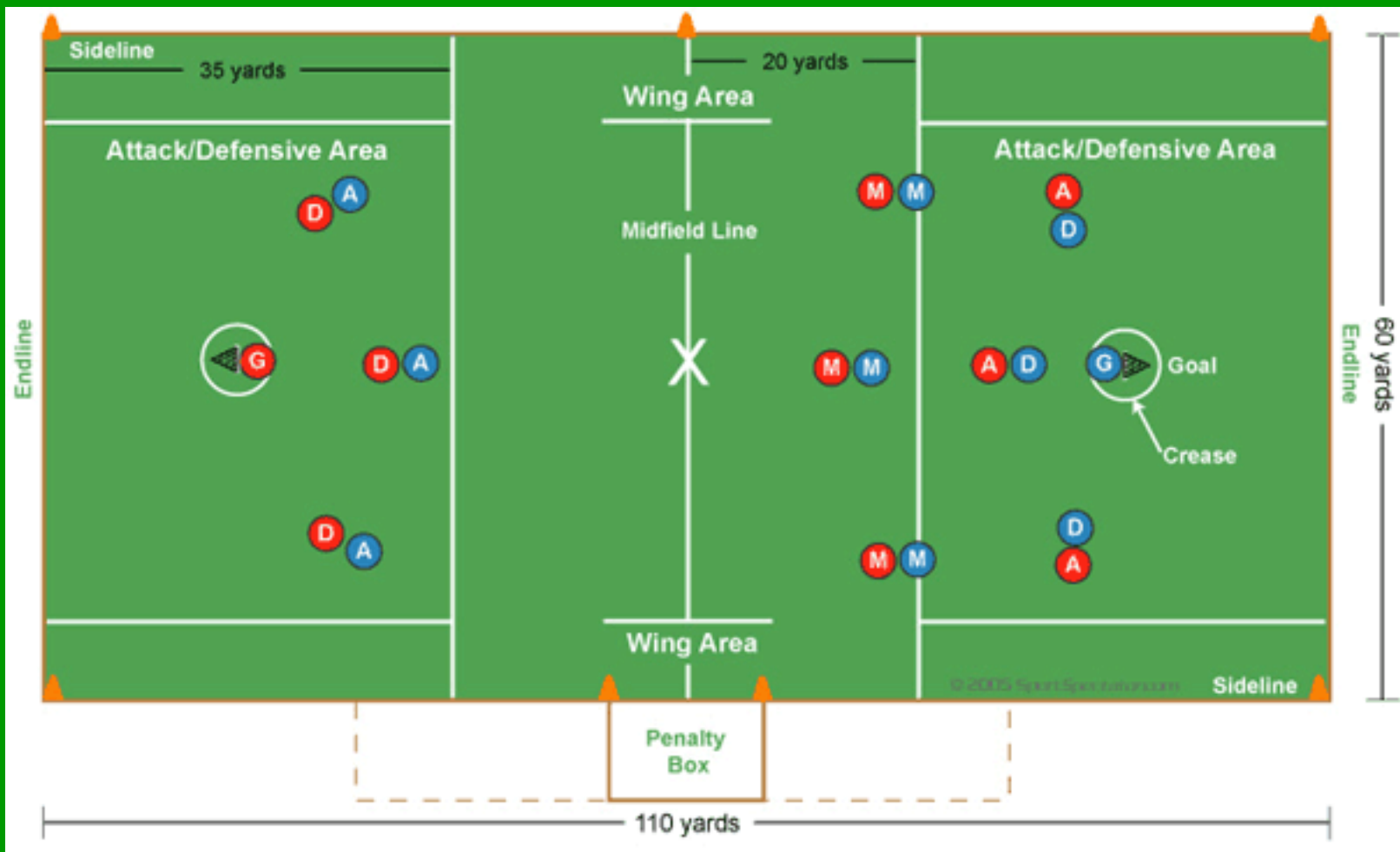
- One of the fastest growing sports in the United States.
- Over 1 million people estimated to be playing lacrosse in the US.
- **Core Skills needed and emphasized in lacrosse**
 - Cradling
 - Passing / Catching
 - Hustle / Effort
 - Speed / Physicality
 - Individual and Team Defense
 - Game IQ





Standard Field Diagram

(u9 and u11 play modified versions of this with less players on the field and smaller field sizes but the position descriptions and field layout are identical)





Overall Program Philosophy Hopkinton Boys Youth Lacrosse

- To grow the sport of the lacrosse in Hopkinton
- To develop the skills and love of the sport for of lacrosse players
- To continue to strengthen the HopLax community (1st grade through High School and beyond).
- To promote teamwork, sportsmanship and respect (for parents, coaches, teammates and the game).
- To be flexible and understanding of the many directions children and families are pulled as more programs require overlapping commitments.
- To prepare older players for playing High School lacrosse.



Program Overview - Winter Skills

- Offered for 1st grade -4th grade.
- Goal is skills development for new or developing players.
- Highly recommended for new players, not required. Still recommended for developing players.
- One night per week
 - Runs Jan/Feb at Forekicks Marlboro
- NEED coaches help to run
 - No experience required.



U9/11 Program Overview

- Program is separated into u9 (1/2 grade) and u11 (3rd/4th grade).
Run the same
- March – Indoor 1-2 nights per week
- April 1 – Players assigned to teams
 - **balanced teams are top priority**
- April-June
 - Pre-season Tournament Early April (border cup)
 - 2 practices per week
 - 1 game per week (Sunday) afternoons
 - Travel to play other towns in Metrowest Region
 - End of Season Tournaments (Fruit Cup and Jamboree)
- Top Goal : Player development.
- **All teams target equal playing time, rotating positions.**



U13/15 Program Overview

- Program is separated into u13 (5/6 grade) and u15 (7/8 grade). Run the same
- March – Indoor 1-2 nights per week
- Two Program Offerings
 - Classic Program (same as u9/u11)
 - Players assigned to balanced / equal playing time teams.
 - All players need to be assigned to classic team
 - Select Program
 - Additional, more competitive program offering
 - Tryouts in oct.
 - Competitive League / Playing Time earned,
 - Designed for players very interested in playing at HS level
 - Additional commitment requirements – discuss directly with Board Member before signing up.



U13/15 Program Changes in 2018

2018 U13 Select Team head coach will be an outside (non-parent coach).

- Players respond very well to youthful coaches
- Coach has played lacrosse at a competitive level more recently
- More independent viewpoint on playing time / team selection
- Will be supported by parent assistant coaches / team liason and by Dan Norton, head of player and coaching development.

U15 Program

- U15 Select program will partner with Westborough
- U15 Classic program will partner with Westborough if needed to field a successful team



Player Health and Safety

- Lacrosse is a physical sport
 - U9 – very little contact allowed
 - U11 – Increased stick contact but limited body contact allowed
 - U13/15 - Increased body and stick contact. Emphasis on ball movement over physical contact.
- Injuries
 - Injuries are rare in lacrosse but do happen occasionally. Serious injuries very rare.
 - Coaches trained for concussion management and instructed to act conservatively.



Coaching Qualifications

- All Hopkinton Head Coaches get significant training
 - USLacrosse Level 1 training (online coursework)
 - Live MBYLL training semi-annually
 - Registration with USLacrosse
 - Coaching philosophy sessions with Hopkinton High School coach and director of player/coaching development.
- All Hopkinton Lacrosse coaches complete qualification programs
 - Positive Coaching Alliance training
 - CORI checks
- More coaches are always needed – even if you did not play lacrosse!



Expectations of Parents

- Support the boys as they learn a very skill oriented sport.
- Get them to practice and games as early as possible
- You will use our website for information
- Do not coach from sidelines
- Always represent Hopkinton and your boys in the best possible way
- Be an ACTIVE member of the Hopkinton Lacrosse community.
- Assume good intent of coaches and the board – they deserve it.
- Do clock watch playing time – its complicated in lacrosse.
- Respect our field rules
- Talk with coaches proactively and honestly about schedule conflicts or any issues – we can't solve every problem but we definitely can't solve we don't know about.



Equipment and Uniforms

- **Boys Equipment**

- Stick
- Lacrosse Helmet NO HOCKEY HELMETS OR OLD HELMETS.
- Mouth guard (attached to helmet)
- Shoulder Pads
- Elbow Pads
- Gloves (Hockey gloves do not flex properly for lacrosse)
- Athletic supporter with protective cup

- Starter Packages available at Comlax, Monkey Sports, Dicks for around \$200.

- Uniforms – The cost of a uniform (reversible pinnie and shorts) is included in program fees for 2018.



The Board of Directors

Current Board Members :

- Kyle Kelley – President
- Alex Sanda– MBYLL League Representative and Equipment
- Phil Iantosca– Scheduling
- Ed O'Donnel– Marketing/CORI
- Dan Norton – Coaching and Player Development
- OPEN - Treasurer

Non-Board Positions

- Cheryl Kelley – Registrar and Uniforms
- Bill Ford – Associate Officials
- Fundraising _____
- Social Director _____

WE NEED MORE HELP! Please inquire about how you can participate



Frequently Asked Questions

- When is the regular season/registration?
- My son has never played lacrosse before ... is it too late for him to start?
- Can my son play spring baseball or soccer and play lacrosse as well?
- When / where are the games?
- Can i be on the same team as my friends?
- When /where are the practices?
- How much does lacrosse cost?
- Can i try lacrosse before committing to the season?