

Rush - Henrietta Girls Lacrosse Club

P.O. Box 375

Henrietta, NY 14467

Web: www.rhlaxgirls.com

Parent Information August 2018

Chair - Dan Garrett
Vice-Chair - Adam Pfluke
Secretary – Amy Rowe

Treasurer - Cara Ventresca
Parent Representative- Krissy Fracassi

The Rush-Henrietta Girls Lacrosse Club is a not for profit organization. The mission of the Rush-Henrietta Girls Lacrosse Club is to promote the game of lacrosse within the Rush-Henrietta School District. The Club will be made available to all Rush-Henrietta youth interested in the game of lacrosse and in advancing their skills. The Club's function will be to act as an organizational means for Rush-Henrietta girls to participate in league and tournament play. The players will be evaluated based on skill level, dedication, and willingness to learn and assigned to a team based on this assessment. The Club will emphasize sportsmanship, fitness, achievement, teamwork, and skill development. The Club will demand a high degree of ethical conduct by its coaches, players, volunteers, and parents.

For the 2018 Fall season we anticipate that we will be fielding one team at the 3-4 level (head coach Dave Pschierer) and at least one team at the 5-6 level (head coach Dan Garrett).

Fall Lacrosse Practices

In September and October, we plan to have practices for all Club members on Sunday mornings. The 3/4 team will be practicing from 9:00-10:30 am and the 5/6 team will practice from 9-11 am.

Fall Lacrosse Tournaments

Both 3/4 and 5/6 teams will attend:

1. Finger Lakes Lacrosse Tournament at Everest Park, Auburn, NY on 9/30
2. Harvest Fest Lacrosse Tournament, East Rochester, NY on 10/13
3. Goblin Games Lacrosse Tournament, Ithaca, NY on 10/21

3-4 Fall Tournament Fees: \$125 per player

5-6 Fall Tournament Fees: \$100 per player

Winter Lacrosse

We have plans to secure turf again at Rochester Sports Garden for practices from November - March on Saturday mornings.

Fall/Winter Leagues

Both teams will be entered into each of the 2 TSE sessions that run November-March. Games are traditionally played on Sunday morning through afternoon timeframe at the 3/4 and 5/6 grade levels. The cost of these leagues will be determined by the league fee and participation.

Spring 2019 Lacrosse

Spring lacrosse has previously been part of the Rochester Area Lacrosse League (RALL) for girls in grades K - 6. Information and participation cost will be available in February or March. Girls in grades 7 and up who would like to participate in lacrosse in the spring, are encouraged to try-out for the school team in Rush-Henrietta.

Summer 2019 Lacrosse

We plan to have Club teams participate in 3-4 summer tournaments for the Summer tournament season. Tournaments, fees, and dates will be determined and shared closer to January.

Cost to Participate

The cost to participate in the Club for the year is \$150. This includes coaching instruction, indoor turf practices, outdoor field practices and scrimmages. Each player will also receive a new pinnie that will be required for fall tournaments and winter TSE league play. The regular club uniform that has been worn in the past is being rebranded and revamped new for 2019 summer season.

In order to participate in the Club, players must also be a member of US Lacrosse which is an additional fee. This will insure your child for the year for any lacrosse practices, scrimmages, tournaments, etc. that your child will participate in. It is \$30-35 to join US Lacrosse.

Fees for tournaments, fall/winter leagues, and RALL Spring Lacrosse are paid for throughout the year using the club website and are *NOT* included in the \$150 yearly cost. If a player has been invited to be on a tournament or league team and the fee for her participation has not been paid by the first game of that tournament or league, she will not be able to play until payment has been made.

Initial \$150 Club membership fee includes:

- Pinnie (to be used for practices and games)
- Instruction at indoor and outdoor practices for Fall/Winter seasons
- Fees cover all general club expenses, including turf rental fees, insurance, equipment/practice balls, open house/marketing expenses, club tax/accounting/administrative expenses, website and domain name fees, tournament supplies and coaching education. Coaches and board members are all volunteer positions.

All players should be fully registered by August 15, 2018. If a player decides not to participate in RHGLC and notifies Dan Garrett, Board Chair, by September 1, 2018, a full refund of the RHGLC registration will be provided. The cost to join US Lacrosse is nonrefundable.

RHGLC 2018 FAQs

How do you join US Lacrosse? Go to <http://www.uslacrosse.org/> and click on "Join Now". Follow the directions on the site. Check the box for Rush-Henrietta Girls Lacrosse Club. Please write down the US Lacrosse ID number you get when registering with US Lacrosse and the date you register.

Club online registration will be open **now - August 15**. The web address for online registration is www.rhlaxgirls.com.

1. Can girls who do not live in Rush-Henrietta join the Rush-Henrietta Girls Lacrosse Club?

Girls who live outside of the Rush-Henrietta community can join the R-H Girls Lacrosse Club. They are welcome to participate in all practices and will be eligible to secure a roster spot on a tournament team.

2. What type of equipment will I be expected to purchase for my RHGLC player?

Club players will need a COLORED mouth guard, goggles, cleats and a girl's lacrosse stick. Turf shoes (or sneakers) are sometimes necessary for use at indoor/outdoor turf fields. Before considering a new stick purchase for your up and coming lacrosse player, it is strongly suggested that you talk with our RHGLC coaching staff for the most affordable and practical recommendations.

3. How does the RHGLC organize its teams?

In order to reach the goals that have been set, we will attempt to provide every girl wanting to participate the opportunity to play. We want the program and the sport to grow in R-H and believe in providing opportunities for R-H girls to train and play lacrosse year-round.